Self-Quarantine Tips from our Global PALS!

Hey everyone! I’m Sweta and I’m one of your Global PALS this year. I’m a second-year graduate student in Electrical and Computer Engineering. Self-quarantine tip number one, exercise your brain. Use this opportunity to read a book, listen to podcasts, or try online puzzles to keep your mind active. Sporcle and Lumosity are great places for everyone to exercise your brain while having fun!

Hi everyone! My name is Kira and I’m going to be one of your Global PALS for this year. I’m currently going into my final year of the English program here at Carleton. I have the second tip for you which is get cooking. Learn new recipes that you can make using the resources available in your quarantine space.

Hi everyone! My name is Nicolas and I’m one of the Global PALS this year at the ISSO. I’m going into my fourth year of International Business with a concentration in International Marketing and Trade and a Minor in Economics. My number one tip and the one that I probably did the most during my quarantine was really try to release your creativity. Whether that be colouring, scrapbooking, journaling, writing. There are a bunch of different apps you can use such as Canva, Colorfy and Pinterest to really unleash your creativity.

Hi Ravens, I’m Tadi! I’m a third year Health Sciences student and I work as a Global Peer Advisor for the Global PALS program run by the ISSO. The first tip that I have for everyone today is to stay active. Now is the perfect time to try a new exercise or fitness activity. You can find plenty of 14-day workout challenges for free on YouTube and on free apps like the Nike Training Club. Carleton Athletics will also be providing online fitness courses this Fall.

Tip number five, keep socially connected while physically distant. Make sure to schedule time to connect with loved ones and friends across various social platforms. Join Canadian Tea Time or connect with our Global PALS to make connections with new friends here on campus.

Tip number six, practice wellness. Relax and unwind with yoga, mindfulness activities, or colouring apps like Pigment or Colorfy.

Another great thing to do is to stay on top of your academics. Make sure to go on to cuLearn, go through your course outlines and maybe even start some of your readings in advance. If you are looking for some study tips for this new online experience that we are going to be having, make sure to tune in to one of the online workshops hosted through the Centre for Student Academic Support. And if you are looking for a job this term, make sure to book a career advising appointment with Career Services.

Tip number eight, use your online resources. Why not use this time to familiarize yourself with Carleton’s online resources? Check out the Library website or Carleton Online to make sure you’re ready to rock out this semester!

Become a polyglot! This is the perfect time to learn a new language or improve on your current language skills. Carleton’s Language Learning Resource Centre is offering online conversation groups in six different languages. You can also use apps like Duolingo or HelloTalk to learn at your own pace.

Follow @SLRavens on Instagram to stay up to date and have more information about virtual events, contests, programming, and virtual platforms specifically designed for students currently in quarantine!