

## Week 5 Follow UP

Hi [Name of mentee],

As promised, I will continue reaching out weekly so that we can leave the door open should you want to meet again throughout the duration of the FYC program.

This week we focus a lot on health and wellness

Some tips and things to do around this time of year are:

- Taking time to care for yourself and put yourself first
- Remember to keep up with your healthy eating habits – this will help you stay focused and energized as you enter into midterm season
- Consider joining some fitness classes or making use of the open rec times in the athletic centre – Check out the open rec times here: <http://athletics.carleton.ca/leagues/>
- Enjoy some of the therapy animals on campus, the Wellness centre in residence or just take time at the end of each day to relax and wind down: <https://carleton.ca/health/residence-counselling/wellness-space/>
- Think about your responsibilities and how you can continue to focus on your academics while also starting to get involved in some clubs and societies to continue making your Carleton experience great!

Some fun things going on this week:

- Pickup and wear your spirit shirt or ravens' gear on campus every Friday for some sweet deals!
- Apply to go on Alternative Spring Break! Deadline is October 11<sup>th</sup>
- Enjoy the nice weather by going on a walk
- Join the Campus Activity Board on Friday night (October 6<sup>th</sup>) to watch Wonder Woman in Richcraft Hall 2200!

As always, feel free to reach out at any time if you have any questions or would like to set up a meeting.