

Student Newsletter

February 27, 2019



THE UNIVERSITY OF
WINNIPEG

Faculty of Business
and Economics

Change your life with the 5-second rule



Do you have some bad habits you'd like to lose?

Perhaps you've already been trying to give up things like sugary foods, social media browsing for hours on end, or that Netflix series you're addicted to. You may want to up your grades, have more energy, or get more physical activity but it's just not happening.

Here's the thing - you actually know what you need to do - but you're just not motivated to do it. You know how to get more exercise, or that you need to study

more often to get better grades, but hey, binging on Netflix with a big bowl of buttered popcorn is so much more appealing on a dark, cold winter's night, isn't it?

Guess what? No one actually 'wants' to work out or study more, but we all want the results. Getting rid of bad habits, and making good habits is really quite simple! It's simple but requires some hard work. One effective technique is the '*5-second rule*.' Basically, you need to do (or start) that thing you don't really want to do, for five seconds. The concept is that after five seconds (or basically getting started), you'll find the motivation to keep going, study more, work out longer, or finish cooking that healthy meal.

Try it out by jumping out of bed as soon as your alarm goes off (within the first five seconds)! Take action within five seconds on one thing that interests you in this newsletter, and then decide to go to bed early to catch those valuable 'z's'.



TODAY
Co-op Connect Event

RSVP by NOON TODAY

The Co-op Connect event is a great opportunity for students to learn more about the Co-op Program, and meet current Co-op students and potential employers.

Open ONLY to current University of Winnipeg Undergraduate students

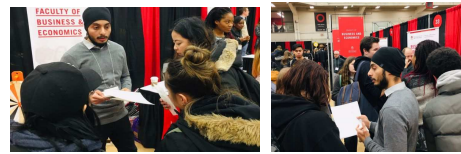
Date: Feb. 27th from 5:00 - 7:00 PM

Location: Convocation Hall, Wesley Hall, 515 Portage Ave

Attire: Business/Professional

Students must register for this free event: Visit the [Co-op event FB page](#) and [RSVP](#). Include your full name, student number and degree you are pursuing.

Co-op RSVP



A big 'Thank You' to our Open House volunteers!

Open House was a big success, largely due to our student volunteers, who braved the cold and came out on Reading Week to help us out! Our students are an invaluable source of information and energy and really help high school students learn more about the faculty with their first hand experience! (Not all volunteers are pictured here).



GroupStrength Pizza Lunch Infosession

Join GroupStrength Benefits Direct for lunch to learn about the career paths and opportunities within their team. Learn about their aggressive growth plans and desire to shake up an old-fashioned industry. Topics will include working within a creative team, sales skills, insurance knowledge training programs and much more.

CPA Information Table

Are you a UWinnipeg business and/or accounting student who's graduating this winter and interested in registering for the spring session of PEP? We're setting up an information table to help answer any questions you may have about this process before the CPA PEP spring enrollment.

Date: March 6, 2019

Time: 10 am - 2:30 pm

Location: 4th Floor near the elevators

UW CPA information



International Experience Canada

Are you a current student and interested in working abroad? The Co-op Program is hosting a presentation with International Experience Canada (IEC). IEC is a federal government initiative that facilitates work visas for Canadian citizens, allowing them to work and travel in over 30 countries – such as abroad Co-op Work Terms.

Lunch will be provided with RSVP's being accepted by notifying coop@uwinnipeg.ca

Date: March 13, 2019

Time: 12:30pm - 1:20pm

Date: March 6, 2019

Time: 12:30-1:30 pm

Location: Buhler Centre

Open to all future grads!

Please RSVP to r.hammerback@uwinnipeg.ca.

GroupStrength



Manitoba New Venture Championships

The Stu Clark Centre for Entrepreneurship hosts this cross-campus business plan competition for undergraduate students from any post-secondary institution in Manitoba. There is over \$10,000 in prize money to be won!

The 2019 Manitoba New Venture Championships will take place Saturday, April 6.

Date: April 6, 2019

Application and executive summary due date:

March 15, 2019

Business Plan due date: March 29, 2019

For more information, email

amy.briscoe@umanitoba.ca

Application

Location: 3M62

IEC Info



RBC Career Cafe - Discover a rewarding career

Join RBC representatives for an afternoon of connecting, conversations, coffee and snacks on Thursday, March 14th behind the glass walls, first floor, Buhler. RBC Career Cafe is open to all students of all majors!

RBC is always looking for bright, passionate students like you! RBC will be here to talk to students considering a summer internship, a co-op position or gearing up to start their full-time career.

RBC representatives will be sharing tips on how to find your best starting point. RBC offers a supportive environment that gives students every opportunity to excel. Make sure you drop in before or after class, ask questions, and find out more.

Date: March 14, 2019

Time: 12:00 - 4:00 PM

Location: First Floor, Buhler Centre

Drop in! Everyone welcome!

RBC Stories



The Franchise Expo: Own Your Own Business

Would you like to own a franchise now or in your future? Here's an opportunity for two days only, to meet face-to-face with proven businesses. These businesses that are now expanding in Manitoba are here to meet new potential owners. Ask questions and get the information you need in a no pressure environment.

Date: March 9 - 10

Time: 11-5/11-4

Location: RBC Convention Centre

Cost: \$8 at the door

Find out more



Play Cricket This Winter!

If you're interested in playing, participating or in helping to organize some intramural cricket in the RecPlex, please contact Rachel at r.hammerback@uwinnipeg.ca



Golden Key Tutoring Service

The UWinnipeg Golden Key offers up to six hours of free tutoring for students taking courses at the 1000-level and/or 2000-level in the Faculty of Business and Economics. Group and one-on-one appointments are available. Contact uwgktutoring@gmail.com for more information.

Golden Key is also recruiting Faculty of Business and Economics student tutors, particularly those in a Financial Management stream. Contact uwgktutoring@gmail.com for more information.

Learn More



5 Days for the Homeless Campaign

Our winter has been very cold and we want to once again raise awareness and fund-raise for an amazing organization, Resource Assistance for Youth (RaY). Help us help others and have some

Job Opportunities

FSWEP

Federal Student Work Experience Program (FSWEP)
- Now Accepting Applications.

Learn more

STEP Services

STEP Services is the official student employment placement service for the Government of Manitoba.

Learn more

Full-time Employment Opportunities

GroupHealth - [Sales Representative](#)

Caisse Financial - [Senior Commercial Account Manager](#)

The University of Winnipeg - [Office Coordinator](#)

Awasis Agency of Northern Manitoba - [Administrative Support Clerk](#)

Awasis Agency of Northern Manitoba - [Human Resource Generalist](#)

Farmers Edge - [Marketing Assistant](#)

Manitoba Metis Federation - [Administrative Assistant](#)

CWB National Leasing - [Business Coordinator](#)

IG Wealth Management - [Business Data Specialist](#)

MMP Architects - [Administrative Assistant](#)

NorthWest Co. - [Purchasing Clerk](#)

NorthWest Co. - [Item File Maintenance Clerk](#)

MDD Forensic Accountants - [Staff Accountant](#)

Pepsico - [Supply Chain Associate](#)

Part-time Employment Opportunities

fun along the way.

Mar 11, 2019 12:00 AM to Fri, Mar 15, 2019 11:59 PM

Monday (11) - Start

Tuesday (12) - Comedy Night at Rumor's Comedy Club

Wednesday (13) - RaY Seminar

Thursday (14) - Coffee House

Friday (15) - Finish

BASA Events

Golden Key Tutoring - [Business Tutors](#)

Golden Key Tutoring - [Financial Management](#)

[Business Tutors](#)

The University of Winnipeg - [Guest Services Assistant - Campus Living](#)

Spirit of Math Schools Inc. - [Campus Admin. Assistant](#)

Retired Teachers Assoc. - [Office Admin.](#)

Career Services offers a wide range of supports to students and recent graduates of The University of Winnipeg.

Learn more

If you have any student news or events that you'd like us to share, then please contact [Holly](#), Student Experience Assistant.

If you are part of a student group, and are having an event, or had a successful event or competition, we'd love to hear and tell your story!



515 Portage Avenue, Winnipeg, Manitoba, Canada R3B 2E9

uwinnipeg.ca

DISCOVER • ACHIEVE • BELONG

This message was sent to you by [UWinnipeg Faculty of Business & Economics](#)

515 Portage Avenue, Winnipeg, MB R3B 2E9

You can [change your communication preferences](#) or [unsubscribe](#) from future mailings.