

Semester Plan for Winter 2020

Week	Dates	CST8300	CST8101	CST8110
1	Jan 14 – Jan 20			Lab 1 (<i>Jan 16</i>)
2	Jan 21 – Jan 27	Discussion 1 (<i>Jan 21</i>)		
3	Jan 28 – Feb 3	Discussion 2 (<i>Jan 28</i>)	Lab 1 (<i>Feb 2</i>) Practice Quiz (<i>Feb 2</i>)	Assignment 1 (<i>Jan 29</i>) Quiz 1 (<i>Jan 29</i>)
4	Feb 4 – Feb 10	Assignment 1 (<i>Feb 4</i>)	Quiz 1 (<i>Feb 12</i>)	Lab 2 (<i>Feb 5</i>)
5	Feb 11 – Feb 17	Discussion 3 (<i>Feb 11</i>)	Lab 2 (<i>Feb 16</i>)	Assignment 2 (<i>Feb 12</i>) Quiz 2 (<i>Feb 12</i>)
6	Feb 18 – Feb 24	Assignment 2 (<i>Feb 18</i>)	Quiz 2 (<i>Feb 23</i>)	Lab 3 (<i>Feb 19</i>)
7	Feb 25 – Mar 2	Discussion 4 (<i>Feb 25</i>)	Lab 3 (<i>Mar 1</i>)	Assignment 3 (<i>Feb 26</i>) Quiz 3 (<i>Feb 26</i>)
8	Mar 3 – Mar 9	Discussion 5 (<i>Mar 3</i>)	Quiz 3 (<i>Mar 8</i>)	Lab 4 (<i>Mar 4</i>)
9	Mar 10 – Mar 16	Assignment 3 (<i>Mar 10</i>)	Test 1 (<i>Mar 15</i>)	Practical Assessment 1 (<i>Mar 11</i>) Quiz 4 (<i>Mar 11</i>)
10	Mar 17 – Mar 23	Discussion 6 (<i>Mar 17</i>)	Lab 4 (<i>Mar 22</i>)	Lab 5 (<i>Mar 18</i>)
11	Mar 24 – Mar 30	Discussion 7 (<i>Mar 24</i>)	Quiz 4 (<i>Mar 29</i>)	Assignment 4 (<i>Mar 25</i>) Quiz 5 (<i>Mar 25</i>)
12	Mar 31 – Apr 6	Assignment 4 (<i>Mar 31</i>)	Test 2 (<i>Apr 5</i>)	
13	Apr 7 – Apr 13	Discussion 9 (<i>Apr 7</i>)	Lab 5 (<i>Apr 12</i>) Quiz 5 (<i>Apr 12</i>)	Practical Assessment 2 (<i>Apr 8</i>)
14	Apr 14 – Apr 21	Assignment 5 (<i>Apr 14</i>) Discussion 10 (<i>Apr 21</i>)	Final Assessment (<i>TBD</i>)	Final Exam (<i>TBD</i>)

Typical Weekly Schedule for Winter 2020

Typical Day

- 08:00: Wake up with alarm
- 08:15: Feed cat, empty cat litter
- 08:30: Enjoy coffee and fruit while helping Thaila (my husband) start wood stoves
- 10:00: Take a walk around the barn with Thaila
- 10:30: Check Brightspace and emails, do coursework or study
- 12:30: Have lunch with Thaila, clean up after
- 13:30: Do Mindfulness homework
- 14:15: Studying/Hobbies/Housework (try not to nap)
- 18:00: Dinner with Thaila and Al (tenant), clean up after
- 19:00: Spend time with Thaila (games, movies, music practice, etc.)
- 22:00: Make tea, head up to bed (no more screens!)

Sunday Variations

- 19:30: Thaila leaves for hockey, so I spend evening alone

Wednesday Variations

- 15:45: Leave for Mindfulness-Based Stress Reduction group
- 19:30: Return home, eat dinner

Thursday Variations

- 13:00: Head to Hawkesbury to do grocery shopping and errands
- 15:00: Arrive at Thaila's parents' home so he can exercise with his brother
- 18:00: Eat supper with in-laws
- 20:00: Head home to put groceries away

Friday Variations

- 17:00: Thaila's band Balance shows up for practice, I spend evening alone

Saturday Variations

- 10:00: Thaila's band 50 Proof shows up for practice, walk gets postponed until after lunch
- 12:30: I have lunch alone while Thaila practices

*N.B. Most of schedule is flexible, with the exception of MBSR group on Wednesday and groceries on Thursday. Alternative plans are frequently made on Friday and Saturday evenings.

My Goals

	Short-Term Goal	Short-Term Goal	Long-Term Goal
Specific	Finish Xmas gift for my brother	Integrate physical activity into my routine	Get off of social assistance (ODSP)
Measurable	Pillow is complete, properly assembled, and finished	At least 30 minutes per day, 6 days per week is spent exercising	Have my income high enough that ODSP benefit is reduced to \$0
Achievable	I have all of the materials, I have time, I have the skill. I even did one very similar for his husband already	Alternating between cardio (stationary bike) and yoga should be less overwhelming 30 minutes is the ideal minimum	With post-secondary education this should be attainable
Relevant	The gift is already late, and is stressing me out	Exercise has proven benefits to mental well-being and overall physical health	Allows for financial independence, improving my confidence and mental well-being
Time-Bound	I want to give it to him before May, when I go on a trip with my husband	By end of August, but the sooner the better	-Within 5 years -3-4 years to complete diploma -1-2 after graduation to find employment
Helping Factors	-The hardest part is almost halfway done -I have the skills, experience, and materials -I now have a bag to hold and transport crochet projects easily	-We already own a stationary bike and yoga mat -Yoga videos are easy to find on YouTube	-I'm finally resilient enough to handle a structured environment -I've picked a path I have aptitude for (programming) -Starting slow to not overload myself
Potential Barriers	-The colourwork involved is frustrating and finicky -It's already late so I feel defeated	-I hate exercising, especially when people are around -Schedule is constantly changing	-Burnout -Possible financial issues with ODSP due to my husband's job situation -Rural location, lack of jobs in area

Personal Success Plan, Assignment #1
 CST8300 – Achieving Success in Changing Environments
 Caitlin Ross, Student ID #040750891

	Short-Term Goal	Short-Term Goal	Long-Term Goal
Plan	<ul style="list-style-type: none"> -Continue bringing it with me when I go to my parents' or in-laws' places -Add 15 minutes of crochet to my schedule each weekday, possibly in evening when going to bed 	<ul style="list-style-type: none"> -Move stationary bike into house -Figure out a time that works each day -Start with 15 minutes of bike on Mon, Wed, Fri -Add 15 minutes of yoga on Tues, Thurs and Sat -Slowly increase time spent on each activity 	<ul style="list-style-type: none"> -Take a 50% minimum course load each semester in order to graduate in 3 years or less -If possible, increase the course load as I'm capable -Continue networking with a local entrepreneur (a friend who is developing an app)

Stressors and Challenges for Winter Semester 2020

Stressor #1: Mood Disorder

I have been struggling with a combination of Major Depressive Disorder and Generalized Anxiety Disorder for over 10 years now. While the depression is mostly under control, the anxiety can be quite difficult to handle sometimes. This is why I have decided to start with a 50% course load for my college program, and I have made sure to incorporate many forms of self-care into my schedule. This includes daily walks to get fresh air, ensuring I get enough sleep while trying not to over-sleep, having regular, healthy meals, committing to the Mindfulness-Based Stress Reduction group (including the daily homework), and spending enough time on coursework each day to avoid procrastination. So far this plan is working well.

Stressor #2: Financial Instability

Due to the mood disorders I have been on disability assistance for many years now. On top of that, my husband has not had a full-time job since he was laid off in fall 2017. This has been a major source of stress in my life, not just in terms of paying the bills but also because my caseworker puts quite a bit of pressure on me to make sure my husband realizes that he has an obligation to find full-time employment. Cutting back on luxuries has helped, as well as finding ways to make our house less inefficient (adding a heat source to the carriage-house, installing storm windows). OSAP has been helpful as well. However, right now the biggest factor is my husband's employment situation. I cannot force an adult to take responsibility, but I have been trying to help him with his applications and job search as much as possible while also being understanding and supportive.

Stressor #3: Household Responsibilities

This stressor also derives from the mood disorders. I have a very difficult time taking care of household chores, partly due to lack of energy but mostly due to lack of motivation. We have a very large, very old house. So far I have been able to take care of laundry, the cat, tidying up, and paying bills. Cooking and dishes are being taken care of by one of our tenants, as well as gardening in the summer. Chopping wood, house repair, and keeping the walkways clear of snow take up most of my husband's time in the winter. However I do feel that I need to work on staying on top of cleaning the bathrooms, vacuuming, and dusting. As much as I hate housework, it needs to be done and nobody else is stepping up. Right now my plan is to break it down into smaller tasks that can be done in 5 to 15 minutes, and aim to do one task each day except Thursday (which is already quite busy). Another strategy I may try is to do one cleaning task whenever I need a break from studying.