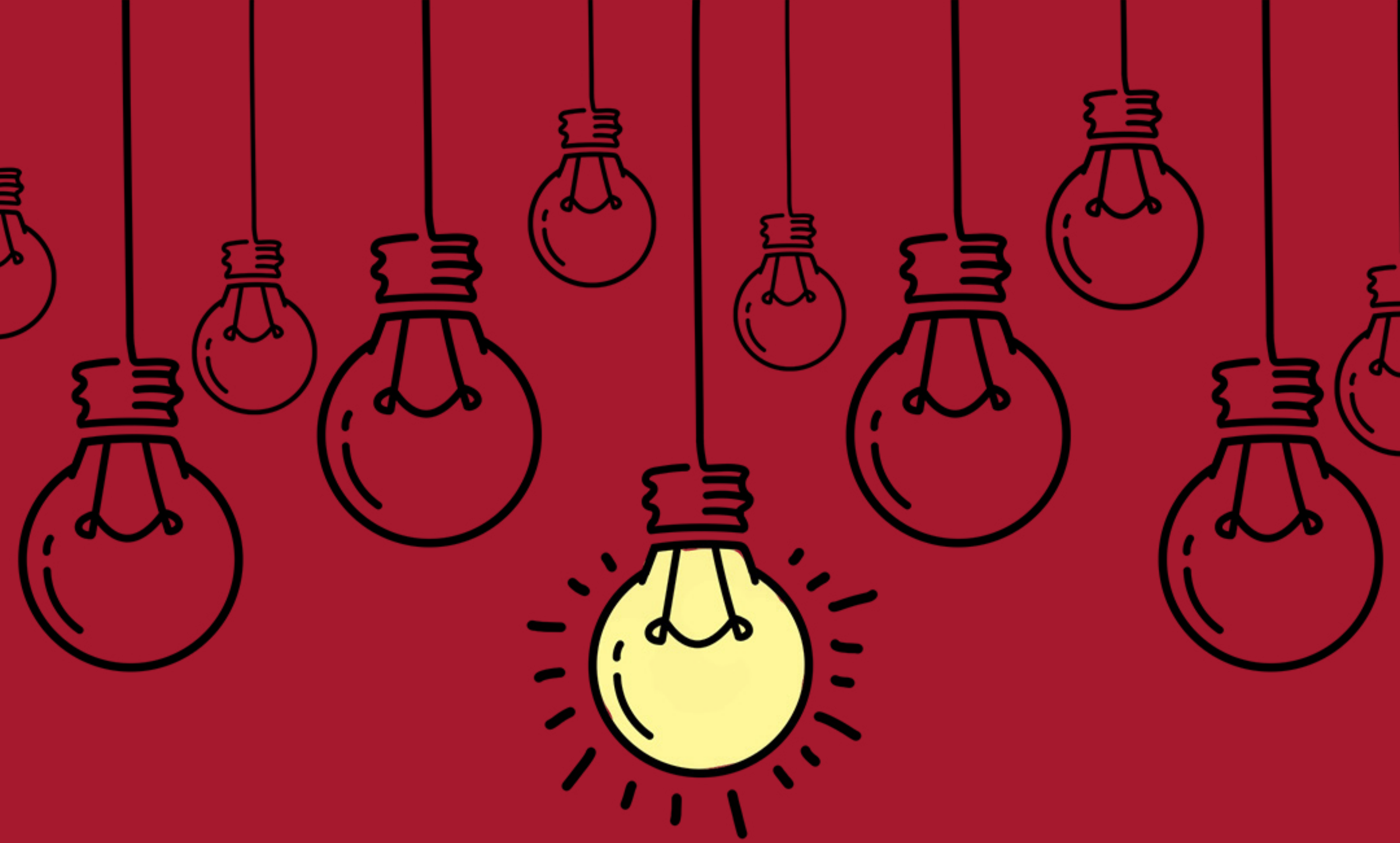
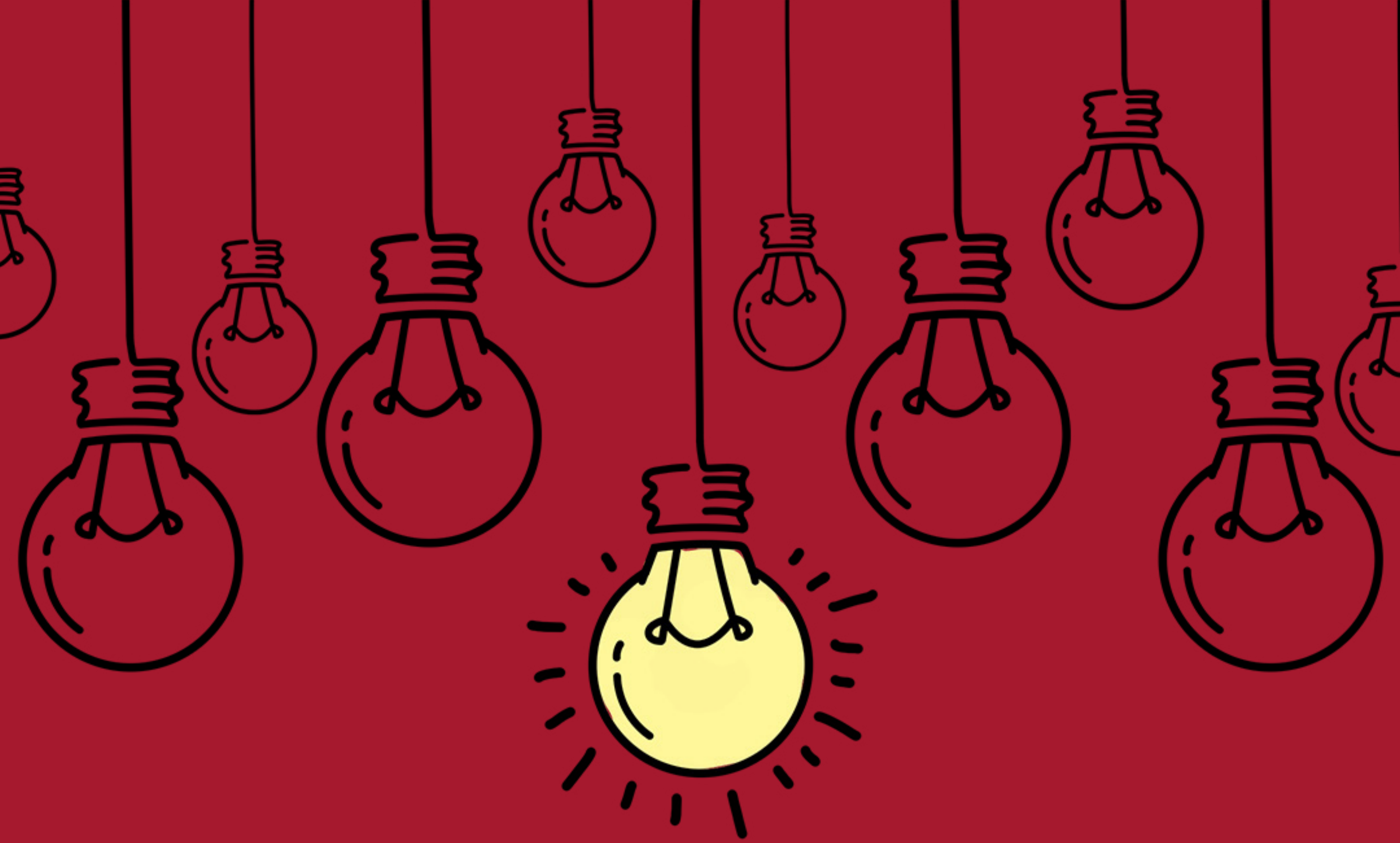


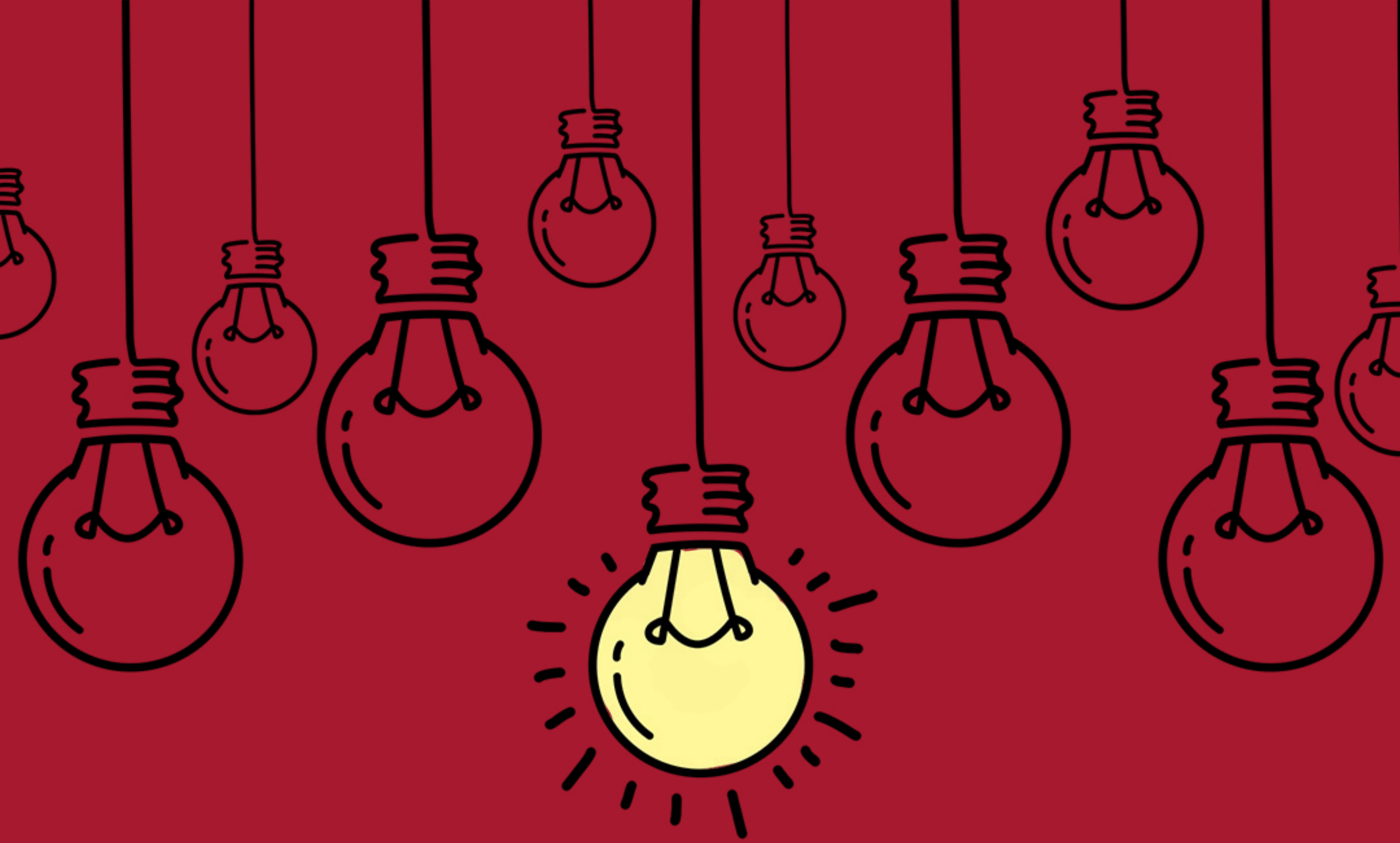
**Tips from CMNS
Co-op Students on
Working Remotely**



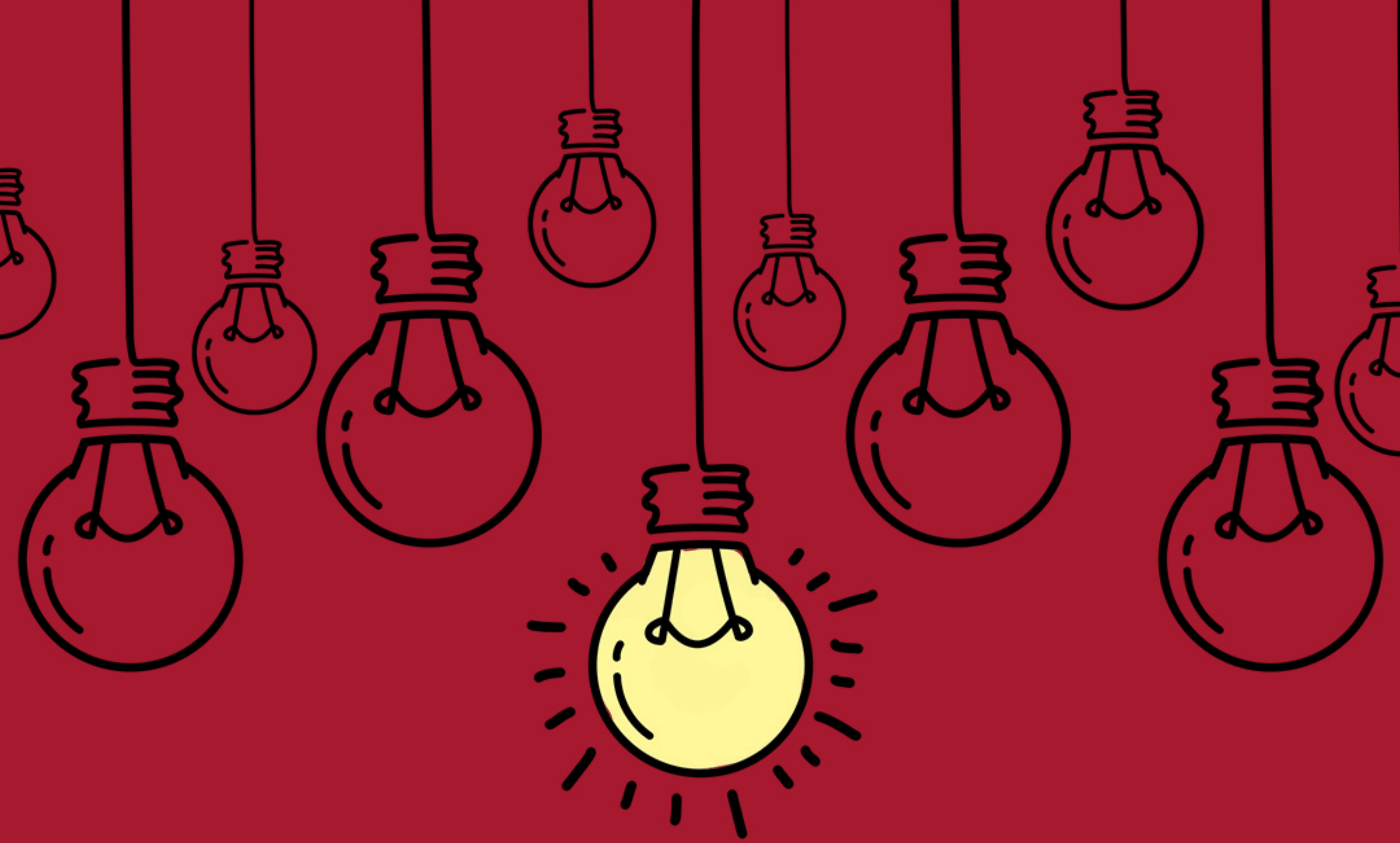
“Keeping a notebook/agenda of all my tasks and projects and prioritizing them accordingly by time and commitment requirement. This gave me a good reference on how to structure my week, and how to distribute my hours for each day.” – Mark



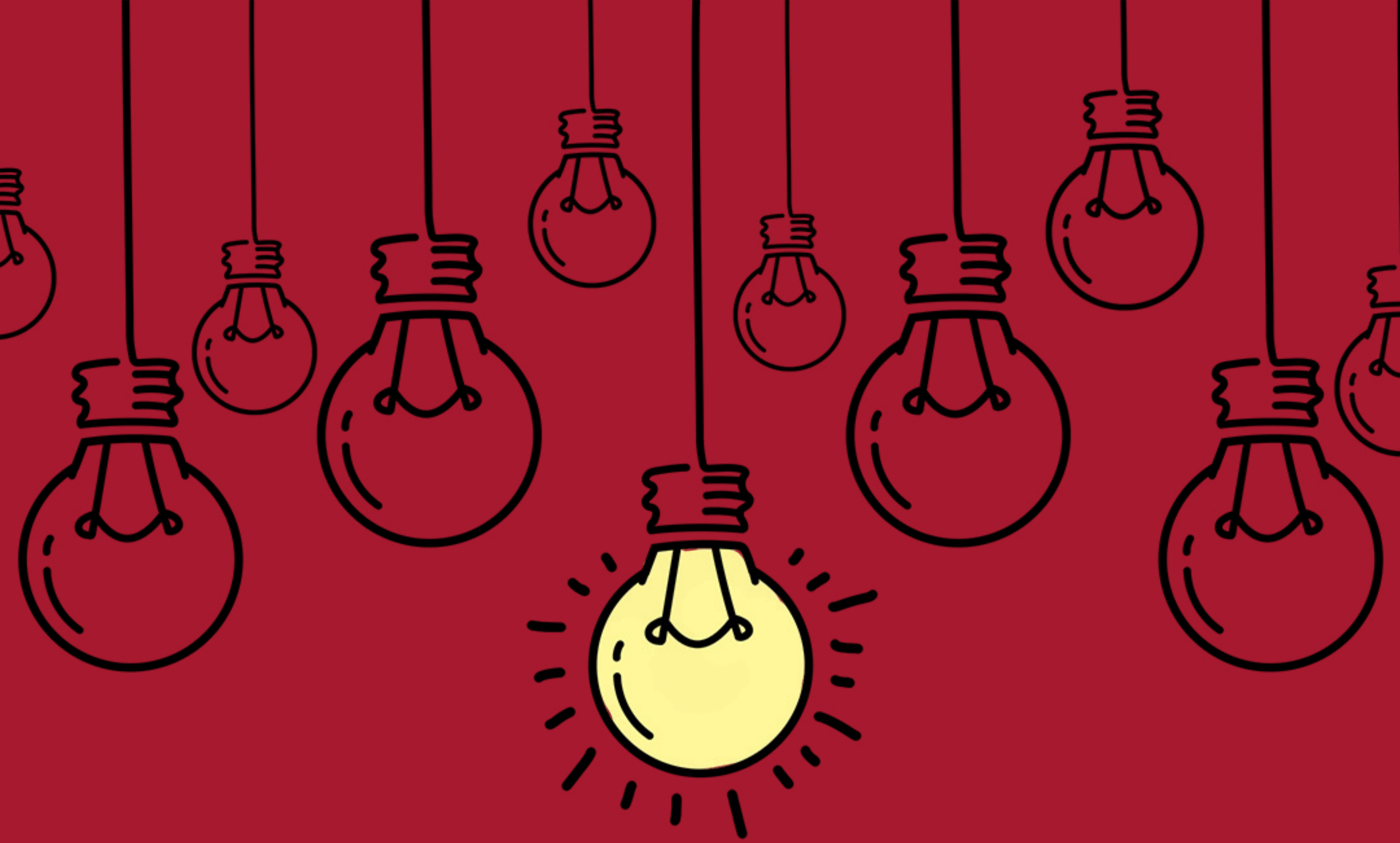
“Reorganize a section of your home professionally so it resembles the desk from your office. Trust me, if you think you can work from your bed – it is a bad idea. Having a designated workspace in your home can help you get into the right frame of mind. Treat it like you are actually going to work.” – Ashran



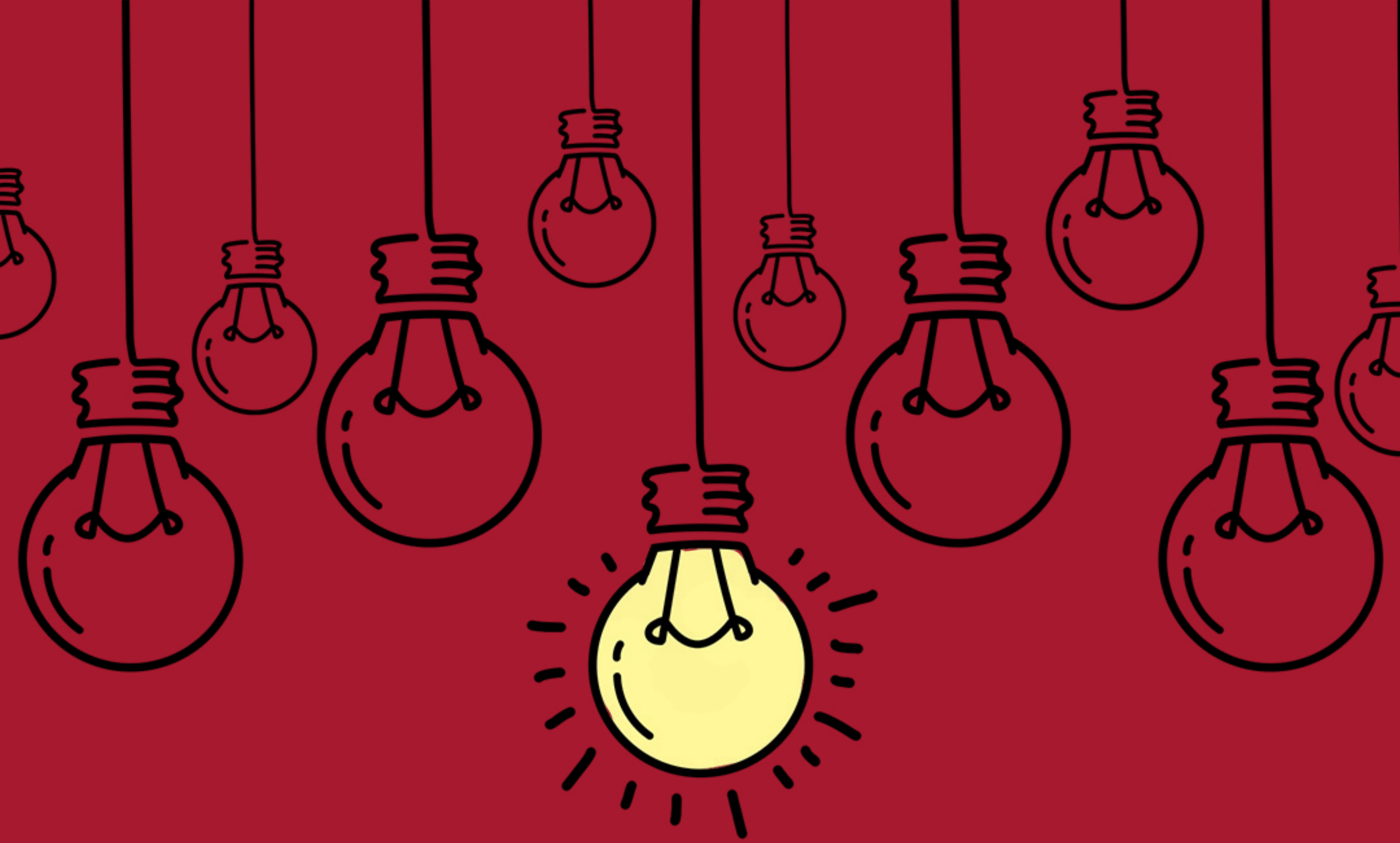
“You can choose clothing that is both professional and something you feel good in. A blouse and blazer on top, paired with leggings and fuzzy socks on the bottom is the quintessential Zoom call look these days.” – Rebecca



“Take breaks and do fun things like shoot hoops, play guitar, for a couple minutes to keep energy up. That’s one of the huge advantages of working at home, where your hobbies are literally right next to you to reset your brain and body. I would always jam on my guitar or put up a few shots on my basketball hoop outside for a couple of minutes, and then I would come back to work feeling mentally and physically fresh.” – Jacob



“Don’t forget to acknowledge your own achievements in getting through this pandemic. You are doing great and it is okay to cut yourself some slack.” – Nadine

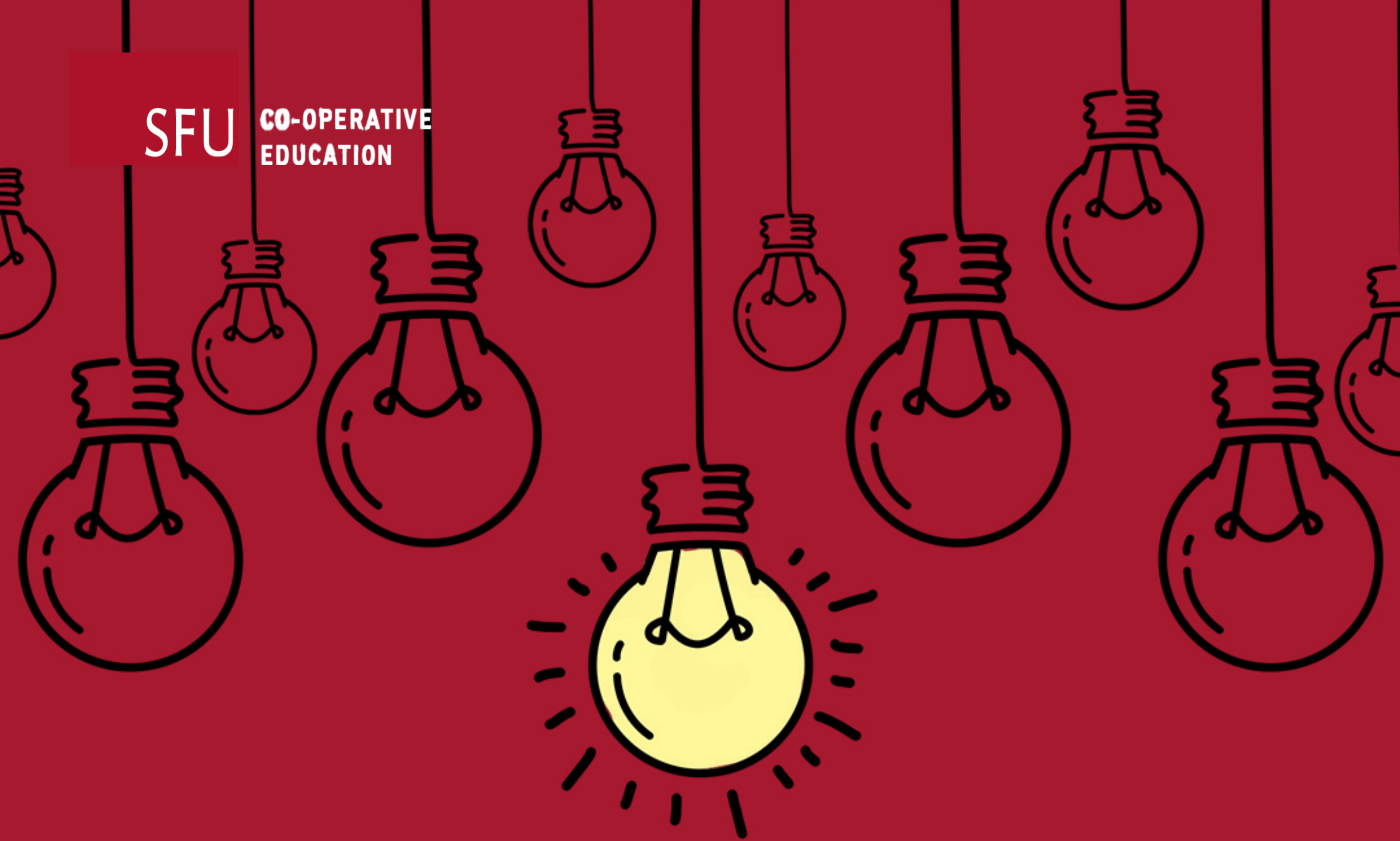


To learn more, join us at the:
CMNS Co-op Info Session

Wednesday, October 28th
4:30-5:30pm on Zoom

Register and info at:
www.sfu.ca/coop/cmns

* This event is intended for students
who are not already enrolled in Co-op.



CMNS Co-op Info Session

Find out how Communication Co-op
will support you to:

- develop job search skills
- gain access to jobs
- learn to navigate your first job
- help to prepare you for your career
- succeed in uncertain times