

# Student Guide

Thriving in Action Online

# A Brief Message for Students

**Welcome to the Thriving in Action (TiA) Student Guide.** Inspired by the success of the term-long [Thriving in Action](#) initiative at Toronto Metropolitan University, this student guide offers an insight into the latest in the innovative thriving and learning resource [Thriving in Action Online](#) (TiAO).

No matter where you are in your post-secondary journey or how you found this resource, the Thriving in Action blend of Positive Psychology and progressive learning strategies can help you with the following:

- Harness your willpower and restore motivation
- Mindfully manage your time
- Study efficiently
- Bounce forward after setbacks
- Learn with confidence and uncover your strengths
- Transform your relationship to school
- Experience sustainable success (however *you* define it)
- **And so much more!**

We invite you to explore each lesson, activity, exercise, or reflection to find what resonates with and empowers you most in your academic journey. You can explore this guide in sequential order, one lesson after the next, or you can jump around, picking and choosing and practising what works best for you. We hope this resource can provide you with support and direction for your academic journey - and beyond.

Everything is connected - in some surprising ways - sleep is just as important as making flashcards and creating joy kits are just as important as note-taking. It's all part of a larger picture - one where being a student doesn't ignore your hobbies, curiosity, and what you love to do.

## **How to use the Student Guide:**

On the next page is our table of contents, a list of words that students exploring TiA Online often look for. By clicking on one of the words, you will be taken to a page that has corresponding links to pages from Thriving in Action Online.

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“I was a struggling student and I sometimes still struggle. TiA isn’t a magic potion, but if you are open and receptive to the material, it will help you immensely. TiA Online was and continues to be a helpful resource for me to return to the material for a refresher and to find out about supplemental tips to boost my resilience in academia and professional endeavours.”

- Natalie, student

# Key Words

## Academic Journey

- [Passages](#)
  - Watch this film if you feel unmotivated and want to hear about other students' higher educational journeys
- [Passages: What's in a Name?](#)
  - Explore this reflection prompt if you watched Passages, and want to reflect on your own academic journey
- [Paying Attention to Yourself](#)
  - Watch this video if you want to explore uni-tasking
- [Post-Passages](#)
  - Explore this page if you want to reflect on the topics discussed in Passages
- [School as Hero's Journey](#)
  - Visit this page if you want to fall in love with your university journey
- [School as Passage](#)
  - Visit this page if you want to reflect on and feel motivated about transitioning to university
- [School as Transition](#)
  - Explore this page if you want to learn how to transition into university smoothly
- [Transition and Texture](#)
  - Visit this page if you want to reflect on the meaningful parts of your university journey

## Appreciation

- [Loving Being a Student](#)
  - Explore this page if you want to reconnect with your university journey
- [Paying Attention to What's Around You](#)
  - Visit this page if you want to learn about strategies to support concentration

## Attention

- [One Tab Challenge](#)
  - Explore this page to think about how your life could change by simply keeping 1 tab open at a time
- [Refocus your Brain](#)
  - Visit this page to explore strategies for increasing alertness
- [Paying Attention DURING Lectures](#)
  - Use the strategies on this page if you want to learn how to focus during lectures
- [Paying Attention to What's Around You](#)
  - Visit this page if you want to learn about strategies to support concentration

## Beginning Something New

- [Beginner's Mind](#)
  - Explore this page if you want to embody the spirit of being a beginner into a task or subject
- [Wisdom & Unlearning](#)
  - Explore this page if you want to reflect on your own wisdom and evaluate if there are concepts, ideas, or mindsets that no longer serve you

## Boundaries

- [Self-Advocacy in Theory](#)
  - Visit this page if you want to learn what self-advocacy is
- [Self-Advocacy in Practise](#)
  - Explore this page if you want to learn skills that teach you how to advocate for yourself
- [What Do You Need Others to Know?](#)
  - Visit this page if you want to reflect on your non-negotiables and boundaries to help nurture your relationships
- [What is Fierce Self-Compassion?](#)
  - Explore this page to reflect on how boundaries are a part of fierce self-compassion

## Changing Habits

- [Breaking an Old Habit](#)
  - Visit this page if you want to learn how to break a habit that is no longer serving you

- [Decision Fatigue](#)
  - Explore this page if you want to learn how to empower yourself and rely less on your willpower
- [Get Colouring & Get Inspired!](#)
  - Explore this page if you want to connect creativity with your habits
- [Habits Are...](#)
  - Visit this page if you want to get inspired about your habits
- [Happiness Setpoint](#)
  - Visit this page to explore factors that impact happiness
- [Health Non-Negotiables](#)
  - Visit this page to reflect and explore what your health needs are
- [Health isn't a "Nice to Have"](#)
  - Visit this page to reflect on healthy habit-promoting activities
- [Keystone Habits](#)
  - Visit this page and learn about what a keystone habit is and reflect on your own habits
- [Making a Habit in Real-Time](#)
  - Explore this page if you want to learn how to put a new habit into action
- [Six Steps to Breaking an Old Habit](#)
  - Visit this page to explore the process of shifting your habits
- [Six Steps to Creating a New Habit](#)
  - Visit this page if you want to learn how to revitalize your habits step-by-step
- [The Body of the Student](#)
  - Visit this page if you want to explore the link between nutrition, movement, and wellbeing
- [Willpower Hack: 20 Second Rule](#)
  - Explore this page if you want to learn how to flex your willpower to your benefit

## Chunking

- [Paying Attention BEFORE Lectures](#)
  - Use the strategies on this page if you want to learn how to best support your attention during class



## Connection to Nature

- [Connection to Nature](#)
  - Explore this page if you want to learn about the benefits of connecting with nature
- [Exercise for Perspective and Problem-Solving](#)
  - Explore this page if you want to learn how movement and nature can help your mind and problem-solving abilities

## Creativity

- [Appreciation Through Art](#)
  - Explore this page if you want to prepare a visual reminder to bring you joy when you are stressed
- [Creativity, Imagination, Empowerment & Change](#)
  - Visit this page if you want to cultivate your creativity
- [Flow as Adventure](#)
  - Explore this page if you want to use curiosity to reflect on your academic journey
- [My Creativity Type](#)
  - Visit this page if you want to complete a questionnaire to explore your creativity type
- [Sing out Your Stress](#)
  - Explore this page to learn how singing can bring you a sense of calm

## Editing

- [Energize Your Editing!](#)
  - Explore the strategies on this page if you want to improve your editing skills
- [Requests, Reviewing & Reciprocity](#)
  - Use the strategies on this page if you are in the final stages of your writing assignment

## Empathy

- [If You Knew](#)
  - Explore this if you want to shift your perspective on your interactions with others
- [Listening With the Ears of the Heart](#)
  - Explore this page if you want to improve the way you listen to others

- [What Does It Mean to be Open-Hearted?](#)
  - Explore this page if you want to learn how to engage with others with an open heart
- [What Others Need](#)
  - Visit this page if you want to reflect on how to be more considerate of others

## Exercise

- [Exercise & Employment](#)
  - Visit this page to explore the link between being active and your ability to focus
- [Exercise as Brain-Booster](#)
  - Watch this TedTalk if you want to learn how exercise can positively affect your mood and memory
- [Exercise as Learning Strategy](#)
  - Explore this page if you want to learn how to boost your learning through exercise
- [Exercise for Mental Well-Being](#)
  - Visit this page if you want to learn about the positive effects of exercise on your mental health
- [Exercise for Perspective and Problem-Solving](#)
  - Visit this page if you want to learn how nature can inspire you
- [Mindful Movement](#)
  - Explore this page if you want to incorporate some gentle movement into your life
- [Moving our Mood](#)
  - Visit this page if you want to explore the concept of an exercise and depression toolkit

## Feedback

- [Feeling Feedback](#)
  - Use the strategies on this page if you want to relax your body through a healthful break
- [Forms of Feedback](#)
  - Use the prompts on this page if you want to learn how to constructively integrate feedback
- [Slow Feedback](#)
  - Use the strategies on this page if you want to holistically review feedback from an assignment or exam

## Flash cards

- [The Leitner Technique](#)
  - Explore this page to learn about an efficient system for using flash cards
- [Studying and Flash Cards](#)
  - Explore this page if you want to learn how to create flash cards

## Flow

- [A State of Flow](#)
  - Watch this video if you want to learn about flow and how it can help you meet your goals
- [Flow as Adventure](#)
  - Explore this page if you want to reflect on your relationship with academic resilience
- [Flow Examples](#)
  - Visit this page to see various examples of activities that may cause a flow state
- [How to get into a Flow State](#)
  - Visit this page to learn listen to a podcast about how to “get into” a flow state and learn about the neuroscience related to this phenomenon
- [How to Stay in Flow](#)
  - Visit this page if you want to learn how to use the theory of flow to overcome challenges
- [Interviewing Flow](#)
  - Explore this page to learn about the successful experiences of others in flow
- [Key Conditions for Flow to Happen](#)
  - Explore this page to learn about flow and its connection to your work
- [What is your Flow Strategy?](#)
  - Visit this page to learn more about how to create your own flow strategy with a guided example through a TedTalk

## Forgiveness

- [Experiencing Forgiveness](#)
  - Explore this page if you want to reflect on the act of forgiveness

- [Forgiveness Letter](#)
  - Explore this page if you want to engage in the benefits of forgiveness by writing a letter
- [How Compassion Can Impact Cancel Culture](#)
  - Explore this page to reflect on cancel culture and how it may be harmful to others

## Gratitude

- [Appreciation Through Art](#)
  - Explore this page if you want to savour a moment from your past
- [Definition of Terms](#)
  - Explore this page if you want to know the definitions of terms related to gratitude
- [Gratitude: 2 Key Components](#)
  - Listen to the podcast on this page if you want to learn about integrating gratitude, affirmation and recognition at work
- [Gratitude Across Time](#)
  - Complete the writing prompt on this page to reflect on your past, present and future from a grateful perspective
- [Gratitude Letter](#)
  - Visit this page to write about someone special in your life
- [Gratitude Visualization](#)
  - Explore this page to do a visualization exercise based on gratitude
- [Letting Appreciation Flow](#)
  - Visit this page to cultivate your skill of appreciation through writing prompts
- [Life Satisfaction](#)
  - Explore this if you want to learn about the relationship between life satisfaction and grades
- [Lifelines](#)
  - Explore this page if you want to engage in deep reflection of your life events through art
- [Lovingkindness Meditation](#)
  - Explore this if you want to listen to a meditation on self-compassion, peace and happiness
- [Nine Beautiful Things](#)
  - Explore this if you want to immerse yourself in the beauty around you

- [Three Good Things](#)
  - Explore this if you want to learn a simple trick to increase your overall happiness
- [Web of Life](#)
  - Explore this if you want to enhance your relationships by focusing on the positive impacts people have made on your life
- [Zest for Life!](#)
  - Explore this if you want to bring more excitement into your life

## Group work

- [Appreciative & Collaborative Group Work](#)
  - Visit this page to learn how to add wonder and joy to group work
- [Building Belongingness](#)
  - Explore this page if you want strategies to help you build stronger connections to school
- [How to Create a Study Group](#)
  - Visit this page if you want to learn how to start and sustain a study group

## Growth Mindset

- [A New Definition of Mistakes](#)
  - Visit this page to explore a writing prompt about viewing mistakes from a different perspective
- [Growth Mindset](#)
  - Explore this page if you want to view a video on growth mindset and reflect on your own life experiences
- [Grow Your Brain](#)
  - Visit this page to view a seven-minute video on how to “re-wire” your brain
- [Learn Something New](#)
  - Visit this page to view a two-minute video on neuroplasticity
- [Making Mistakes](#)
  - Explore this if you want to enrich your life by creating space for mistakes that you may have made and understanding their value
- [Mistakes are Essential](#)
  - Visit this page to contemplate the importance of making mistakes in life

- [Not Yet...](#)
  - Explore this page to learn about the relationship between feedback and mindset
- [What Kind of Praise Cultivates Growth Mindset?](#)
  - Visit this page to understand the connection between praise and growth mindset
- [What We Say to Ourselves Matters](#)
  - Explore this page if you want to learn how to speak to yourself kindly and cultivate a growth mindset

## Internal Awareness

- [Optimism & Paying Attention to Your Thoughts](#)
  - Explore this page if you want to bring awareness to your own optimism and thoughts

## Listening

- [Active Constructive Responding](#)
  - Take a look at this to reflect on how you respond to others and how your responses may impact them
- [Appreciative Listening](#)
  - Visit this page to explore strategies for improved listening and comprehension
- [Class Time Curiosity](#)
  - Explore the strategies on this page to practise curiosity during lectures
- [Listening With the Ears of the Heart](#)
  - Visit this page if you want to reflect on and improve the way you listen and connect with others

## Meditation

- [Directed Attention](#)
  - Visit this page to explore how to notice your thoughts and increase your focus
- [Like a Lake](#)
  - Visit this page to explore meditation and learn about its relationship to mindful reading
- [Like a Mountain](#)
  - Visit this page to meditate and learn how to feel more grounded amid turbulent times

- [Like an Ocean](#)
  - Explore this if you want to feel the depth of your thoughts and observe them from the surface
- [Lovingkindness Meditation](#)
  - Visit this page to meditate and explore self-compassion and connectedness
- [Meditation Resources](#)
  - Visit this page to access meditation resources (i.e., guided meditations, meditation for calming down, body scan and more)

## Mindfulness

- [Mindful Movement](#)
  - Visit this page to view a video of “circle of joy”: a gentle stretching routine to re-energize yourself at any time of the day
- [Right Now](#)
  - Visit this page to declutter your mind through a writing prompt
- [Paying Attention to the Body](#)
  - Visit this page to be guided through how to bring awareness to your body
- [What is Mindfulness?](#)
  - Visit this page to reflect on your own experiences of mindfulness
- [Mindfulness & Thriving](#)
  - Explore this to reflect on your present-ness in situations
- [Meditation & Alertness](#)
  - Explore this if you want to learn about how to approach meditation
- [Your Thought Bubble](#)
  - Explore this if you want to reflect on your thoughts
- [Getting Distance from Yourself](#)
  - Explore this if you want to learn about and apply the “distance from yourself” approach
- [Less Mindlessness](#)
  - Visit this page to explore your approach to mindfulness through a writing exercise
- [Presentness & Planning](#)
  - Explore this if you want to mindfully reflect on how you spend your time and if it is aligned to your goals

- [Mindful Leadership](#)
  - Use this if you are looking to be a better leader

## Motivation

- [Becoming Your Own Agent](#)
  - Use this if you want to think about becoming more active in your actions
- [Value as Motivation](#)
  - Explore this if you want to reconnect to your goals
- [What is a Habit?](#)
  - Visit this if you want to learn about new habits and why they sometimes may not stick
- [Willpower](#)
  - Explore this if you want to be intentional about your willpower

## Note-taking

- [Attentive Note-Taking](#)
  - Explore this page if you want to learn about the benefits of writing your notes by hand and strategies of what to focus on during note-taking
- [Inviting Presentness](#)
  - Visit this page to learn about staying present while taking notes in lectures
- [Staying Attentive AFTER the Lecture](#)
  - Explore the strategies on this page to learn how to review your notes after class to understand content better
- [Styles of Note-Taking](#)
  - Explore this page if you want to learn about different note-taking styles

## Optimism

- [Glass Half Full](#)
  - Visit this if you want to reflect on your positive and negative thoughts
- [Learned Optimism Resources](#)
  - Use these resources to learn about the difference between optimism and pessimism



- [Optimism & Paying Attention to Your Thoughts](#)
  - Visit this if you want to bring awareness to your thoughts
- [The Secrets of People who Love their Jobs](#)
  - View this page and be guided through a TedTalk to learn how to make your job(s) more fulfilling
- [Think Like an Optimist](#)
  - Use this if you want to practice optimism
- [Two Ways of Being in the World](#)
  - Use this if you want to watch a playful video about optimism

## Perseverance

- [What is Grit?](#)
  - Explore this if you want to learn how to overcome challenges through grit
- [More about Dr. Duckworth's Research](#)
  - Visit this if you want to watch a TedTalk about grit
- [Controversy on Grit](#)
  - Explore this page if you want to see how the conversation has changed around grit and Angela Duckworth's response
- [Demands & Depletion](#)
  - Use this if you want to learn about self-regulation and reflect on how to bounce back by channelling what brings you joy
- [Goal Setting as Part of Perseverance](#)
  - Explore this page to better understand the goal-setting process with the help of a visual aid
- [Stamina & Perseverance](#)
  - Use this if you want to learn about techniques to stay focused during a test

## Perspective-shifting

- [Connection to Humanity](#)
  - Explore this page if you want to reflect on your connection to humanity
- [Glass Half Full](#)
  - Visit this if you want to reflect on your positive and negative thoughts
- [Meeting a Compassionate Friend](#)
  - Use this if you want to practice a visualization for compassion

- [On Living Questions & Not Knowing](#)
  - Explore this if you want to embrace the unknown
- [Positive Tetris Effect](#)
  - Use this if you want to learn how to train your brain to notice positive patterns
- [PERMA-V, Meaningfulness and Flourishing](#)
  - Explore this if you want to learn about important factors for flourishing and thriving
- [Quieting the Inner Critic](#)
  - Visit this if you want to watch a Ted Talk about self-compassion
- [RE-Building a Life through Character Strengths](#)
  - Visit this page to watch an inspiring story of an individual tapping into their character strength and changing the trajectory of their life
- [Resisting Taken-for-Grantedness](#)
  - Visit this if you want to learn how to not take things for granted through a TedTalk
- [Self-Acceptance Narrative](#)
  - Explore this if you want to learn how to accept yourself
- [Self-Compassion](#)
  - Explore this if you want to learn how to treat yourself with kindness
- [Strengths Challenge – 11 minutes a day](#)
  - Visit this page to explore a process for honing your character strengths
- [The Secrets of People who Love their Jobs](#)
  - View this page and be guided through a TedTalk to learn how to make your job(s) more fulfilling
- [The Seven Grandfathers/Grandmothers Teachings for Students](#)
  - Visit this if you want to explore your own character strengths
- [Two Ways of Being in the World](#)
  - Explore this if you want to learn more about your experience with optimism

## Pre-reading

- [Paying Attention BEFORE Lectures](#)
  - Explore the strategies on this page to learn how to prime your brain to pay attention in class

## Professional Communication

- [Dear Professor...](#)
  - Use the tips on this page if you want to write an email to your professor
- [Online Communication](#)
  - Explore the resources on this page to learn how to communicate effectively online

## Reading

- [Contemplative Reading](#)
  - Explore the tips on this page if you want to read in an intentional and reflective way
- [Mindful Class Reading](#)
  - Explore the strategies on this page if you want to learn how to effectively complete your class readings

## Recall

- [A Master Memory Sheet](#)
  - View the video on this page if you want to learn how to create intentional connections across content to boost memory
- [Making Mnemonics](#)
  - Explore this page if you want to learn about mnemonics and how to make your own mnemonics to remember course content
- [Memory & Mnemonics](#)
  - Use the reflection prompt on this page to explore what you remember well
- [Mnemonics in Action](#)
  - View this video if you want to understand how mnemonics can help you study
- [Remembering Formulas](#)
  - Explore this page if you want to learn a method for remembering formulas
- [Studying and Flash Cards](#)
  - Explore this page if you want to learn how to make flashcards for studying
- [The Leitner Technique](#)
  - Explore this page to learn how to create a system for studying using flashcards

## Resilience

- [Coping, Resourcefulness & Life Hacks](#)
  - Visit this if you're facing a barrier to success
- [Example of a Personal Model of Resilience](#)
  - View this if you want to explore how you can apply a resilience model to overcome obstacles
- [Life's Curveballs](#)
  - Visit this if you want to reflect on a time you encountered an unexpected challenge and used your character strengths to persevere
- [Pendulation & Pivoting](#)
  - Explore this if you want to think about how you can transition from stress to rest
- [Resourced and Resilient](#)
  - Visit this page to explore the link between fitness and resilience
- [Thriving in Action & Macro-Resilience](#)
  - Use this if you want to tap into your current resilience skills
- [Use Your Character Strengths to Persevere](#)
  - Explore this if you want to learn more about your character strengths
- [What is a Personal Model of Resilience?](#)
  - Use this if you want a step-by-step guide of creating your personal model of resilience
- [What is Micro-Resilience?](#)
  - Visit this if you want to explore how to quickly recover after a minor setback

## Rest

- [Connection to Self: Basic Rest and Activity Cycle \(BRAC\)](#)
  - Explore this page if you want to learn about rest and activity cycles
- [Constructive Rest](#)
  - Explore this page if you want to rest/reset by using your body, breath, an imagination
- [Interconnection & Integration](#)
  - Use this if you want to learn about work-life integration

- [Stress & Rest](#)
  - Explore this page if you want to learn about how rest is a skill and how to incorporate it into your life
- [When is the Best Time of Day \(or Night\) to do Things?](#)
  - Explore this page to learn about how to plan your day around your peak, trough, and recovery stages

## Relationships

- [Appreciative & Collaborative Group Work](#)
  - Explore this page if you want to learn how to make group work fun
- [Connection to Campus: Research on Belongingness](#)
  - Explore this page if you want to read about the benefits of building relationships on campus
- [Connection to Others: Taking Care, Intimacy, Boundaries & Consent](#)
  - Explore this page if you want to reflect on the state of your relationships
- [Listening With the Ears of the Heart](#)
  - Explore this page to reflect on how your listening skills

## Self-love

- [Being Kind to Yourself](#)
  - Explore this page if you want to watch a video about self-compassion and reflect on how you could treat yourself better
- [Cultivating Self Compassion Through Touch](#)
  - Explore this page to consider a way to comfort yourself in times of distress
- [Meeting a Compassionate Friend](#)
  - Explore this page if you want to practise a compassionate visualisation
- [Quieting the Inner Critic](#)
  - Visit this page if you want to view a TedTalk about self-compassion and reflect on how to begin this journey
- [Research on Self-Compassion](#)
  - Explore this if you want to learn about the link between self-compassion and perfectionism
- [Rewiring the Brain for Self-Compassion](#)
  - Take a look at this page to learn about how shame and self-criticism can affect your mind, and how self-compassion can re-wire your brain

- [Self-Acceptance Narrative](#)
  - Explore this page if you want to learn how to reflect on your story and try to imagine it from a different perspective
- [Self-Awareness, Self-Care & Self-Kindness](#)
  - Visit this page to reflect on and answer three questions that are crucial to well-being
- [Self-Compassion](#)
  - Visit this page if you want to learn and reflect on how to treat yourself with kindness
- [Self-Compassion Model](#)
  - Visit this page if you want to learn about the self-compassion model created by Dr. Kristen Neff
- [Self-Esteem & Self-Compassion](#)
  - Visit this page if you want to learn about the relationship between self-esteem and self-compassion

## Sleep

- [Body Clock](#)
  - Visit this page if you want to learn about and reflect on optimal sleep/wake times and when you get sleepy
- [Centering Sleep & Rest](#)
  - Visit this page to learn more about sleep and specific components that you should incorporate in your day for a healthy mind
- [Getting the Sleep You Need](#)
  - Visit this page if you want to learn tips for getting better sleep
- [Getting to Sleep](#)
  - Visit this page if you want to learn how to create a peaceful transition for sleep
- [Light Sleep, Deep Sleep & REM](#)
  - Explore this page if want to learn about the different phases of sleep
- [Night Owl or Morning Lark?](#)
  - Explore the reflection prompts on this page if you want to learn about your personal sleep pattern
- [Sleep Interference](#)
  - Visit this page if you want to learn about barriers for restful sleep

- [Social Jet Lag?](#)
  - Explore this page if you want to learn about social jet lag and reflect on your experience with it
- [Thinking About Sleep](#)
  - Explore this page if you want to reflect on your current sleep patterns
- [Why Do We Need Sleep?](#)
  - Visit this page if you want to learn about the importance of sleep through a TedTalk

## Strengths

- [Take the VIA Character Strengths Survey](#)
  - Explore this page if you want to learn what your character strengths are and use the links below to incorporate those strengths into your life!
- [Character Strengths at Work](#)
  - Explore this page if you want to learn about how to use your character strengths at work
- [Example of a Personal Model of Resilience](#)
  - Visit this page to explore what a personal model of resilience looks like
- [Mental Subtraction](#)
  - Explore this if you want to reflect on your top character strength
- [Origins of the 24 Character Strengths](#)
  - Visit this page if you want to learn about how the concept of character strengths emerged
- [Overuse and Underuse of Character Strengths](#)
  - Use this if you want to learn about the fine line between overusing and underusing your strengths
- [RE-Building a Life through Character Strengths](#)
  - Visit this page to watch an inspiring story of an individual tapping into their character strength and changing the trajectory of their life
- [Same Strength, Different Context](#)
  - Use this if you want to reflect on your other character strengths and how they can help you in different situations

- [Strengths Alignment](#)
  - Use this if you want to learn and reflect on how your strengths match your common tasks
- [Strengths Challenge – 11 minutes a day](#)
  - Visit this page to explore a process for honing your character strengths
- [Superpower Strengths](#)
  - Use the reflection prompt on this page to explore how to use your strengths as your superpower
- [The Science of Character](#)
  - Visit this page if you want to watch a video about character strengths and reflect on who you are
- [Your Character Strengths](#)
  - Explore this page if you want to learn about and reflect on the effects of tapping into your character strengths

## Stress Management

- [Connection to Emotions](#)
  - Explore this page to better understand your emotions
- [Coping Chart](#)
  - Explore this if you want to create healthy coping mechanisms
- [Cultivating Self Compassion Through Touch](#)
  - Explore this page to consider a way to comfort yourself in times of distress
- [Emotional Regulation](#)
  - Take a look at this page to understand the three core systems of emotional regulation
- [Laughter is the Best Medicine?!](#)
  - Visit this page if you want to learn how to reduce stress through laughter and reflect on how to add more laughter into your life
- [Making Stress your Friend](#)
  - Take a look at this page to learn how to work around stress by appreciating it
- [Moving our Mood](#)
  - Visit this page if you want to explore the concept of an exercise and depression toolkit



- [Our Internal Alarm System](#)
  - Visit this page if you want to learn what happens to your body when you are stressed
- [Reset Your Alarm](#)
  - Explore this page if you want to review strategies for managing your stress
- [Sing Out Your Stress](#)
  - Explore this page if you want to learn how to "sing away your stress"
- [Smile Practise](#)
  - Explore this page if you want to learn how to reduce stress through smiling
- [Stress and Emotional Agility](#)
  - Visit this page if you want to view a video about how we frame our language around stress
- [Stress Spectrum](#)
  - Visit this page if you want to learn about the various levels of stress
- [What Does It Mean to Cope?](#)
  - Visit this page if you want to reflect on your current coping skills
- [Worst Case/Best Case](#)
  - Explore this page if you're in a stressful situation and you want to prepare for the outcome
- [Your Grounding System](#)
  - Explore the links on this page if you want to calm down and get grounded by utilizing rest and relaxation strategies

## Test-Taking

- [Bolstering the Befores & Arranging the Afters](#)
  - Explore this page if you want to learn strategies for creating a pre and post-test routine
- [Gritty Test-Taking](#)
  - Explore this page if you want to contemplate a positive test taking experience and reflect on how you can make it happen
- [Taking Stock of Taking Tests](#)
  - Explore this if you want to review what it means to be mindfully and intentionally prepared for tests

- [Test Taking Ingredients](#)
  - Visit this page if you want to reflect on your test taking experience and find ways to deepen your knowledge
- [Mastering Multiple Choice Tests](#)
  - Explore this page if you want to learn tips on how to write multiple choice tests
- [Stamina & Perseverance](#)
  - Explore this page if you want to learn tactile techniques to stay focused during a test
- [Studying by Forgetting & Unlearning](#)
  - View this video if you want to learn how forgetting can help you when studying
- [Test as Process, not Product](#)
  - Explore this page if you want to positively shift your perspective about test-taking
- [Your History with Tests](#)
  - Explore the reflection prompt on this page to dive deeper into your narrative around tests

## Time Management

- [Calculate the Time it Takes](#)
  - Explore the assignment calculators on this page if you are starting an assignment
- [Paying Attention BEFORE Lectures](#)
  - Use the strategies on this page if you want to learn key techniques to help you focus before class

## Values

- [Exploring Your Values](#)
  - Explore this page if you want to reflect on your values
- [Four Needs of Meaning](#)
  - Explore this page if you want to learn how to live a meaningful life
- [Making Meaning](#)
  - Explore this page if you want to learn about your meaning and purpose through a questionnaire
- [Meaning, Purpose & Significance](#)
  - Explore this reflection prompt to learn about your own meaning and purpose

- [The Four S's](#)
  - Explore the reflection prompt on this page if you want to learn about the key elements for creating your ideal day
- [Value Scan](#)
  - Explore this page if you want to discover what you value most
- [Where Matters to You?](#)
  - Visit this page if you want to reflect on meaningful places in your life

## Wellness Boost

- [Find your Lifeline, Find your Symbol](#)
  - Explore this page if you want to develop a healthful pre-test routine
- [Good News](#)
  - Visit this page if you want to get inspired by something that has happened in your life
- [Hydrate!](#)
  - Explore this page if you want to learn about how water intake impacts task completion
- [Positive Introduction Exercise](#)
  - Explore the reflection prompt on this page about when you were at your best
- [Savouring Exercises](#)
  - Explore this page if you want to learn strategies for savouring (thoughts and actions to increase appreciation)
- [Social Determinants of Health](#)
  - Explore this page to learn about what social determinants of health are with the option to view a video on what this means for you as a student
- [The Body of the Student](#)
  - Visit this page if you want to explore the link between nutrition, movement, and wellbeing as a student
- [Your Motto](#)
  - Visit this page if you need a reminder from yourself about how awesome you are

## Wonder

- [Appreciativeness & Awe](#)
  - Visit this page to explore awe and reflect on your academic experience

- [Awe Uplifts School](#)
  - Take a look at this page to understand the links between awe and your academic journey
- [Beauty & Hope](#)
  - Explore this page if you want to uncover what gives you hope
- [Beauty & Wonder](#)
  - Visit this page if you want to read about the experience of awe from others and reflect on your own 'awe moment' in higher education
- [Hope](#)
  - Take a look at this page to learn about how life-changing hope can be
- [Practising Awe](#)
  - Visit this page to learn how to invite awe into your life on a daily basis
- [What is Hope?](#)
  - Visit this page to reflect on how hopeful you are
- [Where Matters to You?](#)
  - Explore this reflection prompt about meaningful places in your life

## Writing

- [Blank Screen Blues?](#)
  - Explore this page if you want to work through writer's block
- [Essay-Writing From the Ground Up](#)
  - Explore the strategies on this page to find waypoints into writing
- [I Don't Know How to Start Writing!?!](#)
  - Explore this page if you want to figure out how to get started with writing and use tools to understand your assignment
- [Strong Writing](#)
  - Explore these strategies if you want to improve your writing skills
- [Understand What's Asked](#)
  - Explore this page if you want to thoughtfully understand your assignment and access links to assignment calculators
- [Waypoints Into Writing](#)
  - Explore this page if you want to learn how talking can help you with your writing process

- [Work Through Writer's Block](#)
  - Visit this page to explore strategies on how to work through writer's block
- [Writing as a Process](#)
  - Visit this page to understand what a writing process could look like and how you could create one for yourself

# Testimonials

“TiA truly helped me change my mindset for the better. As a student, it can be difficult to quiet your mind, focus on the positives, or take care of yourself when you are under the stress of school. TiA helped me learn how to put myself first & the website honours those feelings.”

- Amtoj, student

“I was going through a difficult time in my life until I found TiA. What differentiates TiA from other programs is that it takes a holistic, evidenced-based approach and provides you with the tools to cultivate your strengths. TiA helped me feel a sense of belonging at the university and provided an inclusive space for me to explore, recharge, and grow.”

- Caitlin, student

“As an independent student who works a part-time job while studying, I was having a difficult time balancing my personal and academic life. TiA truly helped me apply strategies into my day-to-day activities that help me eliminate feeling overwhelmed and burnt out. I can't imagine my routine without the techniques I learned any more and for that I will always recommend TiA to my friends and anyone who's struggling.”

- Mehregan, Student

Thank you for checking out the student guide! Our intention with this guide was to provide easier ways for students to navigate and use the Thriving in Action content. We hope that this guide continues to provide you with the tools to build both personal and academic resilience to support you in your higher educational journey and beyond!

The Thriving in Action community continues to grow each semester, and we invite you to email [thrivinginaction@torontomu.ca](mailto:thrivinginaction@torontomu.ca) to be added to our mailing list for live sessions, future events, peer mentorship/ programming, and so much more.