

# Spring Exam Jam

FEELING STRESSED? BE SURE TO CHECK OUT THE MANY EVENTS TAKING PLACE OVER THE NEXT FEW WEEKS TO HELP RELIEVE YOUR TENSION AND GET YOU PREPARED FOR EXAMS!

Looking for study space on campus? Visit [www.durhamcollege.ca/studyspace](http://www.durhamcollege.ca/studyspace) for a full listing of all available study locations.

## ABORIGINAL STUDENT CENTRE (ASC)

STOP BY THE ASC MARCH 30 TO APRIL 10 BETWEEN 8:30 A.M. AND 4:30 P.M. TO PARTICIPATE IN MULTIPLE STRESS REDUCING ACTIVITIES!

- Create your own Medicine Bundle – Carrying your bundle with you can help reduce your stress, especially during exam time!
- Enjoy healthy snacks and Cedar Tea – Cedar Tea is jam packed with goodness and will be served hot all day long.
- Take a breather from your studies and join in on some board game fun! We have cards, Rummoli, Jenga, Backgammon, and Yatzee; there's something for everyone!
- Participate in a Smudging ceremony - Smudging is a purification ceremony that is used to create a positive energy and clear the mind. This ceremony will help you to focus while you study for your exams.
- Participate in a sharing circle to discuss student stress and various coping methods. Sharing circles will be offered Wednesday, April 1 from 2 to 3 p.m. and Tuesday, April 7 from 11 a.m. to noon.
- Relieve your stress with a visit from a furry friend. Swing by the ASC on Friday, April 10 at 1 p.m. to spend some time with the therapy dogs from Therapeutic Paws.

## STUDENT ACADEMIC LEARNING SERVICES (SALS) EXAM PREP

MARCH 30 TO APRIL 24

SALS is offering quiet study space Monday to Friday from 8 a.m. to 5 p.m. Students may book study rooms and space by coming to SSB 204.

### LEARNING SUPPORTS

Learning Skills Advisors will be available for appointments or drop-ins to support students in their study and exam preparation strategies, as well as to provide subject specific support in Accounting, Biology, Chemistry, Math, and Physics.

Writing Specialists will also be available for appointments and drop-in support for assignments.

### APPOINTMENTS

Appointments may be booked in person in SALS (SSB 204), by phone (ext. 2491), or by email ([sals@durhamcollege.ca](mailto:sals@durhamcollege.ca)).

### SALS WORKSHOPS

Test and Exam Preparation workshops

- April 1, 9 to 10 a.m.
- April 6, 11 a.m. to noon

### STUDY STRATEGIES WORKSHOP

- April 7, 2 to 3 p.m.

To attend any SALS workshop, please pre-register in person in SALS (SSB 204). Be advised that workshops are limited to a maximum of 17 registered participants and registrations are on a first-come, first-served basis.

## MORE STRESS RELIEVING ACTIVITIES HAPPENING ON CAMPUS

### STRETCH TO RELAX

Rejuvenate your body through a series of stretching and relaxation movements. Classes will be offered at the Campus Recreation and Wellness Centre (CRWC) on Wednesday, April 1 and Wednesday, April 9 from 3:10 to 4 p.m. in Aerobics Room 1.

### FREE HEALTHY SNACKS

Stop by SSB Atrium Thursday, April 2 and Tuesday, April 7 between 10 a.m. and noon take a break and enjoy some healthy snacks!

- April 2 and 8 from 10 a.m. to noon in the SSB Atrium
- April 2 and 7 from 10 a.m. to noon in Room 1-10 at the Whitby campus



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## THERAPY DOGS

WEDNESDAY, APRIL 1

Nothing relieves stress more than a visit from a furry friend. Swing by room 1-10 on Wednesday, April 1 at 1 p.m. to spend some time with the therapy dogs from Therapeutic Paws

## MAKE YOUR OWN MEDICINE BUNDLE

THURSDAY, APRIL 2

Visit room 1-10 between 9 a.m. and 4 p.m. to create your own Medicine Bundle! Carrying your bundle with you can help reduce your stress, especially during exam time.

## FREE HEALTHY SNACKS

THURSDAY, APRIL 2

Stop by room 1-10 on Thursday, April 2 and Tuesday, April 7 between 10 a.m. and noon take a break and enjoy some healthy snacks!

## MINDFUL MEDITATION

FRIDAY, APRIL 10

Relax and rejuvenate with a meditation session from 11 a.m. to noon in Room 1-10. To register, please email [firstgeneration@durhamcollege.ca](mailto:firstgeneration@durhamcollege.ca).

## YOGA FOR RELAXATION

MONDAY, APRIL 13

Grab your yoga mat and head over to the living wall at the Centre for Food (CFF) to rejuvenate your body through a series of stretching and relaxation movements. The class will be taking place from 3:10 to 4:10 p.m.

## DE-STRESSING MASSAGE THERAPY

WEDNESDAY, APRIL 15

Stop by room 2-4 between noon and 3 p.m. to relieve your sore muscles with a quick 10 minute massage that will be sure to keep you calm and relaxed throughout your exams.

## CONTINENTAL BREAKFAST

MONDAY, APRIL 20 TO THURSDAY, APRIL 23

Hungry? Swing by the Student Lounge between 7 and 10 a.m. to fuel-up with a free continental breakfast, coffee and tea compliments of YourSA!

