

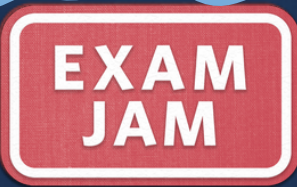
## Check out this term's Exam Jam programming!

Collect 3 stamps when participating in activities or for each hour of study in the Student Learning Hub and enter to win a Lenovo tablet!

Questions? Email [learning.hub@ubc.ca](mailto:learning.hub@ubc.ca)

### Drop-in Supports in the SLH (LIB 237)

<p>10am-4pm LIB 237</p>	<p><b>Academic Writing Support (drop-in)</b></p> <p>A Writing Consultant can help you sharpen your drafting, writing, and revising skills while learning strategies for navigating the confusing world of academic writing.</p>
<p>10am-1pm &amp; 2-4pm LIB 237</p>	<p><b>Spanish Language Support (drop-in)</b></p> <p>Spanish Language Consultants can help you practice pronunciation, understand language conventions for sentences, punctuation and spelling, and use reference tools effectively!</p>
<p>10am-12pm &amp; 1pm-4pm LIB 237</p>	<p><b>Drop-in Citation Support</b></p> <p>Do you have questions about citation style guides? How to cite a specific source? Stop by and chat with a librarian. UBC Okanagan Librarians can help you evaluate, use, synthesize, create, and cite information sources.</p>



## Drop-in Supports in the SLH (LIB 237)

<p>10am-4pm LIB 237</p>	<p><b>Subject Tutor Drop-ins</b> Times for specific subjects vary, check page 3 for a detailed schedule</p>
<p>10am-12pm &amp; 1pm-4pm LIB 237</p>	<p><b>Academic Integrity Drop-in</b></p> <p>Chat with an academic integrity expert and learn how to ace your assignments and tests with integrity. We can help with questions about using sources, quoting, paraphrasing, summarizing, in-text citations, and smart study/exam taking tips to avoid academic slip-ups!</p>

**Check out this term's Exam Jam programming  
Around Campus!!**

Questions? Email [learning.hub@ubc.ca](mailto:learning.hub@ubc.ca)

### Free Activity Classes With UBCO Recreation

<p>7:45 am (30min)</p>	<p>Sunrise Spin - Studio 3 with Layla</p>
<p>9 am (45min)</p>	<p>Vinyasa Yoga - Studio 2 with Fatima</p>
<p>12:30 pm (45min)</p>	<p>Hatha Yoga - Studio 1 with Fatima</p>
<p>1:30 pm (1h)</p>	<p>Power Yoga - with Senja</p>
<p>4:10 pm (35min)</p>	<p>Flex &amp; Zen - Studio 1 with Lily</p>
<p>4:45 pm (45min)</p>	<p>Spin 45 - Studio 3 with Alyssa</p>
<p>5 pm (1h)</p>	<p>Zumba - Studio 1 with Lily</p>

[recreation.ok.ubc.ca/fitness/group-fitness/](https://recreation.ok.ubc.ca/fitness/group-fitness/)

**Drop-in Subject Tutoring - LIB 237**

10:00am					
10:30am	<b>Jesse</b> 10am-1pm DATA, EDUC, MATH, PSYO, STAT -----&----- <b>Seth</b> 10am- 1pm ASPC, COSC, MATH, PHYS	<b>Jeena</b> 10- 1:30 pm COSC, MATH, STAT, DATA	<b>Bill</b> 10am-12pm MATH, CHEM, BIO		
11:00am					
11:30am					
12:00pm				<b>Natalie</b> 11am-2pm EESC, BIOL, GEOG, GISC	
12:30pm					
1:00pm					
1:30pm	<b>Marita</b> 1:30-3 BIOL, CHEM		<b>Prina</b> 1-3pm MATH, COSC, ECON, DATA -----&----- <b>Zahra</b> 1-3pm COSC, MATH, STAT		
2:00pm					
2:30pm					
3:00pm		<b>Abrar</b> 2-4pm APSC, CHEM, MATH, PHYS -----&----- <b>Edmon</b> 2-4pm APSC, ENGR		<b>Jamie</b> 2- 4pm BIOL, BIOC, CHEM	
3:30pm					

The specific classes that tutors can help with can be found in their QReserve profiles.

[access.qreserve.com/ubcostudentlearninghub](https://access.qreserve.com/ubcostudentlearninghub)



## Drop-in Activities and Supports Around Campus

**10am-3pm**  
**ASC 167**  
(in the Psychology  
Clinic)

### Drop-in Mental Health Support

A special Walk-In Wellness Service will be available as part of Exam Jam programming. The Walk-In Wellness Service provides brief (up to 30 minutes) mental health appointments with doctoral student clinicians (supervised by faculty registered psychologists).

Clients can receive support and/or strategies, tools, and resources for a variety of concerns including depression, anxiety, stress, self-care, and substance use. No Appointment needed, just drop by ASC 167!

For more information scan the QR code ->



**1pm-4pm**  
**Picnic in UNC**

### Picnic - Time to Unwind

Unwind and destress with Picnic! Make your own trail mix, have some tea, and discover tips to promote your wellbeing during exams.

**9am-12pm &**  
**1pm-4pm**  
**UNC 207**

### Academic & Career Advising

Advising has additional drop-in times for Exam Jam! This is a great chance to ask your quick questions Both in-person and phone options are available. You can sign up for drop-ins on their website so you know what to expect for wait time if they are with someone.

Scan the QR code to visit the advising webpage ->



**2pm-3pm**  
**Sawchuk**  
**Family Theater**

### B.A.R.K

B.A.R.K. therapy dogs and their handlers will be attending Exam Jam this year to help reduce your stress as we wrap up classes and begin preparing for final exams! Come along to the Sawchuk Family Theatre to hang out with your friends, have some canine cuddles, and wash away that final-week-of-term stress!