# 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!

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

* Academic Writing Support | 10am-4pm
  + A Writing Consultant can help you sharpen your drafting, writing, and revising skills while learning strategies for navigating the confusing world of academic writing.
* Spanish Language Support | 10am-1pm
  + Spanish Language Consultants can help you practice pronunciation, understand language conventions for sentences, punctuation and spelling, and use reference tools effectively!
* Drop-in Citation Support | 10am-2pm & 3pm-4pm
  + 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.
* Subject Tutor Drop-ins | 10am-4pm
  + Times for specific subjects vary, you can find a detailed schedule below
* Academic Integrity Drop-in | 10am-12pm & 1pm-4pm
  + 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!

### Drop-in Activities and Supports Around Campus

* [Drop-in Mental Health Support](https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/) | 10am-3pm in ASC 167 (in the psychology clinic)
  + 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!
* Time to unwind at Picnic in UNC | 1pm-4pm
  + Unwind and destress with Picnic! Make your own trail mix, have some tea, and discover tips to promote your wellbeing during exams.
* [Academic & Career Advising](https://students.ok.ubc.ca/academic-success/advising-options/academic-advising/) (UNC 207) |9am-12pm & 1pm-4pm
  + 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.

### SL Sessions in LIB 237

* 9-10:30am
  + CHEM 123
* 12:30-2pm
  + PHYS 122
* 2-3:30pm
  + MATH 101

### Free Activity Classes with [UBCO Recreation](https://ubcca-my.sharepoint.com/personal/jo_scofield_ubc_ca/Documents/recreation.ok.ubc.ca/fitness/group-fitness/)

More

* 2:15-2:45 (30min) - Spin 30
* 4:45-5:45pm (60min) - Full Body Strength
* 5:00-5:45pm (45min)- Country Spin
* 5-6pm (60min)- Yoga in UNC 316
* 6-6:45pm (45min) - Full Body Strength
* 7-7:45pm (45min) - Spin and Strength
* 7pm-8pm (60min) – Zumba

### Drop-in Subject Tutoring in LIB 237

The specific classes that tutors can help with can be found on [the SLH QReserve page](https://ubcca-my.sharepoint.com/personal/jo_scofield_ubc_ca/Documents/access.qreserve.com/ubcostudentlearninghub).

* Fikayo 10 -1:30 pm
  + MATH, CHEM, BIOL, PSYO
* Emma 10 - 12:30 pm
  + PSYO, MATH
* Bill 11 - 1 pm
  + MATH, CHEM, BIOL
* Marita 11 - 2 pm
  + BIOL, CHEM
* Jamie 12:30 - 2 pm
  + BIOL, BIOC, CHEM
* Prina 1 - 3pm
  + MATH, COSC, ECON, DATA
* Edmon 1:30 - 4 pm
  + APSC, ENGR
* Jesse 1:30-4pm
  + MATH, PSYO, STAT, DATA