Midterm Motivation

October 8 | 10am-4pm

Check out this term's Exam Jam programming!

Scan a QR Code at each activity to enter the prize draw!

You can enter once for each activity you're participating in - including studying in the SLH - to win a Lenovo tablet!!

- Page 1: Drop-in Activities and Supports Around Campus
- Page 2: Drop-in Supports in the SLH (LIB 237) & Sawchuk Family Theater
- Page 3: Subject Tutor Schedule & Recreation Class listings

Drop-in Activities and Supports Around Campus

10am-3pm ASC 167 (in the Psychology Clinic)	**Drop-in Mental Health Support** The Walk-In Wellness Service provides brief (up to 30 minutes), drop-in mental health appointments with doctoral student clinicians (supervised by faculty licensed 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!
11am-1pm Picnic in UNC	**Picnic - Snack & Chat: Ask a Dietitian** Take a break from studying and stop by Picnic to make your own trail mix, test your nutrition knowledge (with a chance to win a prize!), and get your nutrition questions answered by a Dietitian.
Various Times Gym	**Recreation** Rec is offering a variety of free classes throughout the day. Individual class times are listed on page 4.

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Drop-in Supports in the SLH (LIB 237) & Sawchuk Family Theater

10am-4pm Sawchuk Family Theater & LIB 237	**Academic Writing Support (drop-in)** A Writing Consultant can help you with any assignment you're using words in! Academic English is it's own dialect and we're here to help you make sense of it. Writing consultants can support with everything, from understanding an assignment sheet, getting started, to revising your work and proofreading strategies at the end!
10am-4pm Sawchuk Family Theater & LIB 237	**Drop-in Citation & Research Support** 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.
10am-4pm Sawchuk Family Theater & LIB 237	**Subject Tutor Drop-ins** **Times for specific subjects vary, check page 3 for a detailed schedule**
10am-4pm Sawchuk Family Theater	**Academic Integrity Drop-in** 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!
10am-12pm Sawchuk Family Theater	**Ask a Learning Strategist** Have a question for the Learning Strategist? Stop by the Study Cafe to ask it! We're here to equip you with the skills to navigate your midterm exams with confidence, helping you manage your time, create an individualized plan, reduce stress, and prepare for effectively.

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Drop-in Subject Tutoring - LIB 237

Aidan	**HES**	**09:00-11:00**
Ammar	**APSC, PHYS, MATH, ENGR**	**09:00-11:00**
Andre	**PHYS, MATH, CHEM, COSC**	**10:30-12:00**
Charles	**COSC, ECON, MATH, DATA**	**11:30-13:30**
Dalia	**MATH, STAT, DATA, PYSO**	**09:00-10:30**
Elliot	**APSC, ENGR**	**10:00-14:00**
Emma	**PYSO, MATH**	**12:00-16:00**
Fletcher	**BIOL, CHEM**	**12:00-16:00**
Mehak	**APSC, MATH, PHYS**	**11:00-14:00**
Michael	**MATH, CHEM, PHYS, PYSO**	**09:00-12:00**

The specific classes that tutors can help with can be found in their QReserve profiles.
access.qreserve.com/ubcostudentlearninghub

Free Activity Classes With UBCO Recreation

7:15am (30min)	Sunrise Spin (Layla) - Studio 3
12:10pm (40min)	Deep Stretch (Jennifer) - Studio 1
4:00pm (45min)	Full Body Burn (Alyssa) - Studio 1
5:00pm (1h)	Zumba (Lily B) - Studio 1
5:00pm (45min)	Spin 45 (Alyssa) - Studio 3
6:00pm (1h)	Yoga For Everyone (Lily B) - Studio 1

recreation.ok.ubc.ca/fitness/group-fitness/