

# YORK ORIENTATION DAY

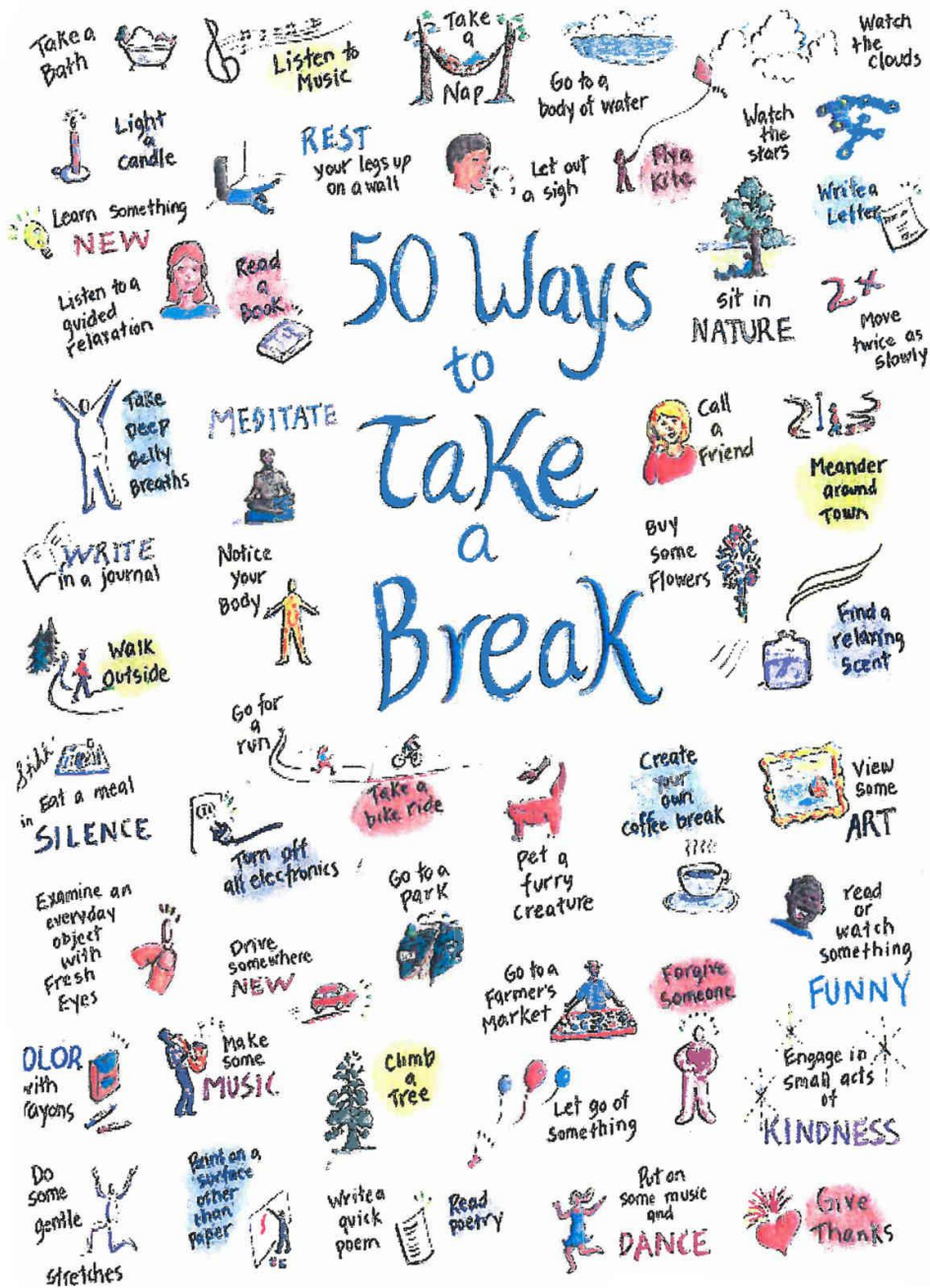


health

YORK  
UNIVERSITÉ  
UNIVERSITY



# WELCOME



# TAKE A BODY BREAK!

- Insert a short break every hour or half hour of studying
- Helps maintain productivity
- Offers you a chance to stretch
- Allows you to focus and concentrate
- Creates a sense of progress

*Learning Skills Services*





# Succeeding in SHPM: Welcome from the Undergraduate Program Director



# Tips from Upper Year SHPM Students





**We want to hear from you!**

# **SHPM QUESTIONS AND ANSWERS !**



<https://tinyurl.com/w18yu>

# Your Feedback Please!



UP NEXT...

# CAMPUS FAIR AND TOURS AT VARI HALL

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