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
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