WINTER ORIENTATION
2019

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!
Your Feedback Please!

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York University- Calumet College
Extra Prizing!!!
UP NEXT...

CAMPUS FAIR AND TOURS AT VARI HALL