



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 Nursing: Welcome From The Program Coordinator







Tips from Upper Year Students







Wrap-Up & Question Period





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Extra Prizing!!!



UP NEXT...

CAMPUS FAIR AND TOURS AT VARI HALL

