BRAIN FOOD
Exams put a stressful burden on the minds of students, sometimes leading to food choices that have a negative effect on your ability to study. Hear from the Sargent Choice Nutrition Center to learn how to choose foods that provide brain power. A Registered Dietician will be available to answer questions about making nutritional choices during stressful times.

Wed., 10/2 @ 6 p.m.
Thurs., 10/3 @ 5 p.m.

GOT SLEEP
Hear from the Wellness & Prevention Services staff about the physical and mental pitfalls of missing out on sleep and how to ensure a good night's Zzzz's.

Mon., 9/30 at 4 p.m.
Tues., 10/1 at 5 p.m.

CREDIT REPORT FORENSICS
How do your spending and payment habits affect your credit score? Let the Financial Assistance Office show you how to do your own “Credit Report Forensics” so you can mark and bag all the evidence that turns up on your credit report. Learn how to get a copy of your report, understand what it says about your credit history, and how to sharpen your money management skills, so money doesn’t stress you out.

Mon., 9/30 at 5 p.m.
Tues., 10/1 at 6 p.m.

STRESS BUDDY
Brought to you by Wellness & Prevention Services' Student Health Ambassadors to help students recognize and avoid triggers of stress through simple stress management strategies you can use anywhere.

Mon., 9/30 at 6 p.m.
Tues., 10/1 at 4 p.m.

TEST PREP
Cramming is not the answer. Learn test prep and time management strategies from the Educational Resource Center so you can study smarter, not harder.

Tues., 10/1 at 3 p.m.
Wed., 10/2 at 5 p.m.
Thurs., 10/3 at 6 p.m.