

# MIDTERM MASHUP

*Feeling anxious about exams? Losing sleep over grades?  
Think the habit of cramming is a genetic trait?*

## March 5-7

*Come to Midterm Mashup at the ERC for a mishmash of workshops on exam prep, stress management, multiple choice tests, and a little something called brain food. Meet Student Ambassadors from Wellness & Prevention Services, the CCD-ERC, as well as Sargent Choice Nutrition Center nutritionists who can help you turn that midterm frown upside down.*

### **TUESDAY, MARCH 5**

#### **Test Prep**

2:00pm-3:00pm, Student Support Center, 100 Bay State Road, Room 101

#### **Brain Food with Sargent Choice Nutrition Center**

4:00pm-5:00pm, Student Support Center, 100 Bay State Road, Room 101

#### **Stress-Relief Techniques with the Student Health Ambassadors (Wellness & Prevention Services)**

5:00pm-6:00pm, Student Support Center, 100 Bay State Road, Room 101

### **WEDNESDAY, MARCH 6**

#### **Time Management**

1:00pm-2:00pm, Student Support Center, 100 Bay State Road, Room 101

#### **Stress-Relief Techniques with the Student Health Ambassadors (Wellness & Prevention Services)**

2:30pm-3:30pm, Student Support Center, 100 Bay State Road, Room 101

#### **Brain Food with Sargent Choice Nutrition Center**

4:00pm-5:00pm, Student Support Center, 100 Bay State Road, Room 101

### **THURSDAY, MARCH 7**

#### **Time Management**

1:00pm-2:00pm, Student Support Center, 100 Bay State Road, Room 101

#### **Test Prep**

4:00pm-5:00pm, Student Support Center, 100 Bay State Road, Room 101

#### **Multiple Choice**

5:00pm-6:00pm, Student Support Center, 100 Bay State Road, Room 101

*For more information & registration, visit [bu.edu/erc/calendar](http://bu.edu/erc/calendar)*



Educational Resource Center