

Take a Study Break!

Recharge your mind and boost your creativity with these fun and relaxing activities at the Success Centre in the Learning Commons (Massey Library)!

SUDOKU & MANDALA FUN

Take a Moment for Yourself!

Stop by and pick up Sudoku puzzles or Mandala colouring sheets, available outside of our offices against the purple wall. Take as many as you like and enjoy a stress-free study break!

2
DEC

THERAPY DOG VISIT
Eli & Franklin
6 – 7 p.m.
Unwind and relax with our friendly therapy dogs!



3
DEC

MOCKTAIL MAGIC!
Take a Study Break & Have Some Fun
1 – 3 p.m.
Learn how to make delicious, alcohol-free mocktails! All supplies provided — just bring your creativity.



MANDALA MURAL COLOURING
11 a.m. – 3 p.m.
Take a calming break and help colour our giant Mandala poster!



4
DEC

TOOLS FOR MOTIVATION
1 p.m. | Massey 107C
Learn practical techniques to stay motivated and focused during exams.



MINDFULNESS & VISUALIZATION
2 p.m. | Massey 107C
Experience a guided mindfulness session and explore its benefits for your body and brain.



5
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8
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THERAPY DOG VISIT
Rocky
6 – 7 p.m.
Take a break and enjoy some time with Rocky, the therapy dog!



10
DEC

STUDY BREAK
1 p.m. | Massey 107C
Stretch, move, and recharge your energy after long study sessions.



THE POWER OF BREATHING
2 p.m. | Massey 107C
Discover simple breathing techniques to calm, refocus, and re-energize.



11
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NEED A LITTLE SUPPORT WITH YOUR STUDIES?

Learning Advisors are available during these two weeks to help you prepare for exams and manage stress. Don't hesitate to stop by the Success Centre to meet with them!



 The Success Centre is located in the Learning Commons of the Massey Library, just look for the purple wall.