Exam Wellness Programming
April 2022

The Student Wellness Hub’s Exam Wellness Programming highlights resources to care for your wellbeing in April. Click on underlined programming to register!

Week 1
April 1 - 7
Mindfulness & Exam Preparation
- Managing Stress In Uncertain Times
- Skills for Managing Exam Anxiety
- Exam Care Package Handout @ Mac

Week 2
April 8 - 14
Peer Support & Managing Anxiety
- Skills for Strategic Procrastination
- Compassion Fatigue
- Exam care package & muffin handout
- Study snacks with a Dietitian

Week 3
April 15 - 21
Stress Management & Peer Support
- Managing Test Anxiety On-Demand

Week 4
April 22 - 29
Self Compassion & Celebration
- Planting Seeds for Growth Give-Away
- Safer Partying Workshop

Weekly Offerings
- Animal Therapy in the Healthy Living Annex
- Art Hive in the Healthy Living Annex
- Grad Breakfast Club
- Healthier McGill Service Showcase on
- Peer Support in the Healthy Living Annex M-F

Focused Programming
- Master’s & PhD Support Groups
- Queer & Trans-Identified Parents: A Conversation
- Art Hive for 2S & LGBTQIA+ Communities & Allies