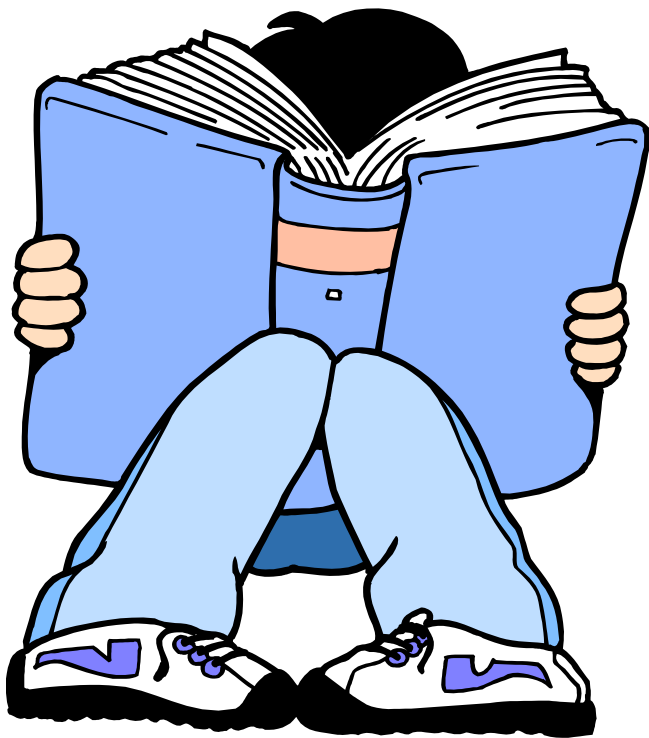


LOSE FOCUS DURING THOSE LONG STUDY SESSIONS?



Take an exercise break. Even just a couple of minutes of physical activity can stimulate the production of neurotransmitters and help clear and refocus your mind.

**FOR STUDY HELP AND TIPS TO
DEAL WITH EXAM ANXIETY
COME TO B312 AND VISIT
STUDENT SUCCESS**