

L N A P

2 0 1 7

Arrive when you like, study alone or with your friends, and take part in the activities that spark your interest

The first 50 people to arrive as of 8 p.m. will receive a free reusable mug



AT SET TIMES	AT YOUR OWN PACE
Fair trade coffee (Global Health) Snacks and information (Nutrition) Study groups (BIO1540 & BIO1140) 8 p.m.	Need to vent? Come gab with us ● Draw inspiration! Color a mandala ● Want to chill? Make your own stress ball ● Why do you procrastinate? Come find out more
Games and awareness (Drugs & Alcohol) Pet therapy (SASS) 8:30 p.m.	
Games and strategies (Mental Health) 9 p.m.	
Active break Confidential chat (CA in residence) 10 p.m.	
Grammar tips (AWHC) 11 p.m.	
Pizza break Midnight	

LONG NIGHT AGAINST PROCRASTINATION

March 9, 2017 | 8 p.m. – 2 a.m.

Student Academic Success Service (SASS)

Academic Writing Help Centre (AWHC)

110 University | 613-562-5601 | awhc@uOttawa.ca | sass.uOttawa.ca/en/writing



uOttawa