

EXAM JAM

schedule

Study + Connect + Move + Create + Recharge + Play your way
to exam success!

IB Atrium | April 10 | 10 am – 5 pm

UTM Exam Jam offers activities, strategies and resources to help you in preparation for the upcoming exams, while prioritizing your wellness. We encourage all students to take intentional break to care for well-being! Taking a "purposeful break" between studying can have important benefits to wellness + productivity + energy + focus.

*Exam Jam offers breaks in the various categories: **Connect, Move, Create, Recharge, and Play.***

THEME:	ACTIVITY:	DESCRIPTION:	HOSTED BY:
Connect	Sleep Kahoot	Speak 1-on-1 with the HCC Health Promotion Nurses and learn how to incorporate sleep habits and routine to enhance quality of sleep.	Ask The Nurse, UTM Health & Counselling Centre (HCC)
	Mapping Student Wellness	Connect and learn about the results from the UTM Student Wellbeing Survey. Find out how student feel in general about their mental wellness, and how specific backgrounds intersect with reports of well-being. Also, we will share evidence-informed strategies for managing stress to support you during exam season.	UTM Psychology Department
	Feeling stuck? Connect for support!	You don't have to go through the university journey alone! Creating a sense of togetherness can be helpful during stressful times. Join other peers and find how UTM resources can help to support your academic and personal journeys of success.	Traveling Hello Desk, UTM Student Hub
	Manifestation	The concept of manifestation may be familiar, but the process of intentionally making your desires into reality takes effort. Join us and learn how you can manifest your goals of success in positive, practical and organic ways.	Office of Indigenous Initiatives
	Learning Skills Station	Visit the Learning Skills Station to explore effective study strategies and exam preparation tips. Drop by to grab a tip sheet, test your knowledge of the UTM Exam rules, or solve a puzzle game. For CCR: This station is an alternative option for students who do not have a registered academic review session at Exam Jam.	Robert Gillespie Academic Skills Centre (RGASC)
Move	CPR-A-Thon	Do you have what it takes to save lives? Get moving and join us for a friendly competition to test your CPR abilities. We will also be discussing some signs of stress and burnout, and share some strategies for supporting our mental health during this challenging time.	Erindale College Special Response Team (ECSpeRT)
	Spin Bikes	Join us for a study break to boost your productivity and get your body moving. Check out the UTM Moves Activity Zone and learn how different physical activities can help you cope with exam stress.	Recreation, Athletics, and Wellness Centre (RAWC)
	Corn-Hole		
Minute-to-Win-It Game	Join the Wellness Ambassadors and challenge yourself to completing a physical activity for 1 minute to qualify for fun movement related giveaways!	UTM Health & Counselling Centre (HCC)	

Create	Button-Making	Join us and express your creativity by crafting your very own, personalized buttons. Getting crafty is an amazing way to de-stress and re-focus your mind.	UofT Hart House
	Pressed-Flower Art	Join us in pressing beautiful flowers to create art, connecting with our natural world, and de-stress. Come and learn how engaging with plants and other nature-based activities can enhance our sense of well-being.	Therapeutic Horticultural Program, UTM Psychology Department
	DIY Greeting Cards	Gratitude can be a powerful motivator! Join us and create your very own greeting cards to share with loved ones. Show someone how much they mean to you with a personalized caring message.	UTM Accessibility Services
	Bracelet-Making	Join us for a creative, de-stressing activity of making beaded bracelets. Students are encouraged to make bracelets that identify one of the six core values of Academic Integrity (honesty, trust, fairness, respect, responsibility, and courage) to remind us to embody integrity in our academic work.	Academic Integrity Unit (AIU)
	Career Centre Sandbox	Engage your senses and creativity with Kinetic sand. Join Career Centre's very own sandbox where students can play and create various shapes. It is a great sensory activity that can be done alone or with friends. Special furry visitors expected!	UTM Career Centre
Play	Game Café	Whether you consider yourself a gamer, or want to try a board-game for the very first time, this is the Café for you! Relax, meet new people, and de-stress while playing games. Large assortment of board-games available.	Robert Gillaspie Academic Skills Centre, Erindale Gaming Organization, Institute of the Study of University Pedagogy.
	Card Games	Connect with our club and discover a new world of collectible trading card games. We will have a range of games including Yugioh, Pokemon, Uni and more! Open to all.	UofT Card Game Club
	Mario Kart	Do you have what it takes to get a high score? Join I&ITS and put your skills to the test in a friendly game of Mario Kart on the big screen.	Information & Instructional Technology Services (I&ITS)
	Assortment of Games and Colouring Activities	Connect with the staff and student ambassadors at the EEU table to learn about the abundance of for-credit experiential learning opportunities available to UTM students. There will opportunity to play games, colour and more!	Experiential Education Unit (EEU), Office of the Dean
	Play Music	Do you want to play an instrument but not sure where to start? Join our club for an easy introduction to playing music and learn how you can use music to de-stress and express yourself.	UTM Harmonix Music Club
Recharge	Words of Affirmation	Join us as we reflect and refocus on positive strategies and goals during this exam season. By highlighting our support networks, learn how to best relieve exam-related stress and feel refreshed to tackle the upcoming exams.	UTM Centre for Student Engagement (CSE)
	Wellness Practices Around the World	Connect with us and explore wellness-inspired practices and activities from around the world. This is a great opportunity to pause, recharge, and engage with other peers in activities like Tibetan singing bowls, crystal recharges, etc.	UTM International Education Centre (IEC)
	Pet Therapy	De-stress with some furry friends.	St. John's Ambulance
	Refreshments	Free tea and hot chocolate available.	
	CCR	Earn a Co-Curricular Record (CCR) by participating in an (1) Academic Review Session and a (2) Wellness Break. Be sure to stop by this station to complete a written reflection on your learning experience.	UTM Centre for Student Engagement
Other	Academic Coaching	Connect 1-on-1 with peer coaches and learn how to set strong goals, enhance skills, and connect with resources to meet your academic needs.	UTM Centre for Student Engagement