Welcome to TRU’s 3rd Long Night Against Procrastination!

- Work on your research and writing assignments.
- Attend short drop-in workshops and wellness breaks.
- Ask for help; writing tutors, librarians, and faculty are here to assist you.

*Have a fun and productive night. Keep in mind that this is an academic support event, and be mindful that we are all working on our assignments and writing.*

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
<th>Location</th>
<th>Attend</th>
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| 8:30 – 9:30pm  | *Mini-Spa*  
By Bhumika’s Salon and Spa, sponsored by the Wellness Centre          | 1st floor      |        |
| 8:30pm         | *Interpreting Your Assignment*  
By Kathy Watmough                                                           | L209           |        |
| 9:00pm         | *Creative Concentration*  
By Sharon Munk                                                              | L209           |        |
| 9:00 – 10:00pm | *Speed Coaching*  
By Marilee Draney                                                          | L140           |        |
| 9:00 – 10:30pm | *Wellness Snacks and Chats*  
By the Wellness Peer Leaders                                                 | 1st floor      |        |
| 9:30pm         | *Shimmy Out your Ideas and Stress*  
By Tammy Morrison                                                          | L209           |        |
| 10:00pm        | *Simple Strategies to Make Your Resume Stand-Out*  
By Susan Forseille                                                        | L209           |        |
| 10:30pm        | *Break that Habit! Improve your Writing by Overcoming Bad Behaviours*  
By Yueqi (Annita) Wu                                                       | L209           |        |
| 11:00pm        | *Finding Primary Sources in History*  
By Brenda Smith                                                             | L209           |        |
| 11:30pm        | *So You’ve Procrastinated...Now What?*  
By Julia Wells                                                              | L209           |        |
| 12:00am        | *MIDNIGHT PIZZA!!!*                                                      | 1st floor      |        |
| 1:00am         | *Finish your paper, keep your friends, and stay sane in one easy step*  
By Chris Miller                                                            | L209           |        |
| 1:30am         | *Creating an Academic Poster*  
By Kathy Gaynor                                                              | L209           |        |
| 2:00am         | *Wake and Walk*  
With Sara Wolfe, Robin Arundel and Jenna Goddard                           | Meet at front desk |        |
<table>
<thead>
<tr>
<th>Time</th>
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<th>Speaker</th>
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<tbody>
<tr>
<td>2:30am</td>
<td>5 Things to Know about APA &amp; MLA</td>
<td>Elizabeth Rennie</td>
<td>L209</td>
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<tr>
<td>3:00am</td>
<td>Punctuation! Stop avoiding punctuation with these quick and dirty tricks</td>
<td>Sara Wolfe</td>
<td>L209</td>
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<tr>
<td>3:30am</td>
<td>Reading Scholarly Literature</td>
<td>Elizabeth Rennie</td>
<td>L209</td>
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<tr>
<td>4:00am</td>
<td>Integrating Sources LIKE A BOSS: Quoting, Paraphrasing and Summarizing</td>
<td>Jenna Goddard</td>
<td>L209</td>
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<tr>
<td>4:30am</td>
<td>Managing Your Research: Bibliographic Management and Search Alerts</td>
<td>Kathy Gaynor</td>
<td>L209</td>
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<tr>
<td>5:00am</td>
<td>Understanding Academic Integrity</td>
<td>Elizabeth Rennie</td>
<td>L209</td>
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<tr>
<td>6:00am</td>
<td>SURVIVORS’ BREAKFAST!!</td>
<td></td>
<td>1st floor</td>
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<tr>
<td>6:30am</td>
<td>Why Study?...Let’s Play...Taiko Instead!</td>
<td>Mary Ann Mochizuki</td>
<td>1st floor</td>
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- Unless otherwise indicated in the schedule, workshops will be held in L209.
- Washrooms and a water fountain can be found in the back corner of the first floor.

What are my GOALS tonight?

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