

# Long Night Against Procrastination

Wednesday, March 9 | 8 – 11 PM | Zoom

	Library	Learning Centre	Wellness/DSU
8:00 – 8:30	Event Kickoff		
8:30 – 9:00	<b>Citing Images &amp; Other Sources in Presentations</b> Find out how to cite images with various licenses in your class presentations.	<b>Setting Goals &amp; Working Toward Them</b> Discuss basic goal setting strategies and do a practice Pomodoro session.	<b>Coping with Stress</b> with Angela from Counselling Learn the basics of what stress is and discuss a few ways of coping with it when it arrives.
9:00 – 9:10	First Prize Draw		
9:10 – 9:30	<b>Research Strategies Workshop</b> Learn effective research strategies you can use to find academic sources.	<b>Practicing Prewriting Strategies</b> Peer tutors will introduce different prewriting strategies to help you get started on your next writing assignment.	<b>Mindfulness Session</b> with Breanna from Student Life
9:30 – 10:00			<b>Draw What You See</b> with Genessa from DSU
10:00 – 10:10	Second Prize Draw		
10:10 – 10:40	<b>Ask a Librarian</b> Bring your research or citation questions to this drop in session.	<b>Perfectionism and Procrastination</b> In this session, we'll watch clips from a video then discuss experiences and strategies.	
10:40 – 11:00	Bedtime Yoga with Megha from Student Life Final Prize Draw & Closing Remarks		