

Student Support Emails

- [April 2024](#) (PDF) WUSA Food Support Service and You are More Than Your Grades
- [March 2024](#) (PDF) UW Mates and Maintaining a Positive Relationship with Social Media
- [February 2024](#) (PDF) RxPRN and the importance of self-appreciation
- [January 2024](#) (PDF) Nurture Your Social Connectedness for Health & Happiness
- [December 2023](#) (PDF) Taking breaks improves learning
- [November 2023](#) (PDF) Centre for Career Development and A Prescription for Vocational Wellness
- [October 2023](#) (PDF) Accessibility Services and Deep Understanding
- [September 2023](#) (PDF) Student Success Office and Tips to approach the term with grit
- [July 2023](#) (PDF) Student Success Office and Benefits of taking a break
- [June 2023](#) (PDF) Glow Centre and How to grow and maintain your network
- [May 2023](#) (PDF) Tips to Start the Term with a Balanced Schedule
- [April 2023](#) (PDF) Financial Support Options and Money Management Tips
- [March 2023](#) (PDF) WUSA Women's Centre and the Benefits of Mindfulness
- [February 2023](#) (PDF) Empower Me and the Benefits of Seeing a Counsellor
- [January 2023](#) (PDF) Writing and Communication Centre and Tips to Thrive in the New Year

