

STRESS-FREE FINALS FROM UH LAUNCH



Week of April 20:

Academic counseling office hours each day from 1-2 p.m. Get your questions about **studying for finals**, or time management for finals, answered! Download Teams in Office 365 and then enter code **r81739p**.

Week of April 27:

Test anxiety reduction strategies and guided relaxation exercises each day from 1-2 p.m. Feel better about your finals! Download Teams in Office 365 and then enter code **r81739p**.

Questions? Contact Laura Heidel at lheidel@uh.edu.