

FINALS AT HOME!?!?

Strategies to Decrease Stress and Distractions
during Finals Week

Monday April 27th
7:00 – 8:00pm EST

Presented by Todd M. Kays, Ph.D., Sport and Performance
Psychologist

Program will be conducted on ZOOM – Link to be sent out at 3pm on Monday,
April 27th for those who sign up via the Google Form:

<https://forms.gle/6TQ58zuzFDjkE42z9>

This program is open to **ALL** OWU students

Please forward any specific questions and challenges you are concerned about
in terms of Finals Preparation to drtoddkays@me.com

If you have any general questions email Todd Miller tcmliller@owu.edu
or Michael Taylor mbytaylor@owu.edu

