



UNIVERSITY OF WISCONSIN-SUPERIOR

Student Involvement  
Division of Student Affairs

UNIVERSITY of WISCONSIN

*Superior*

Pruitt Center for Mindfulness & Well-Being  
Division of Student Affairs

# 'JACKET JOTTINGS

virtual engagement tips

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*celebrate!*

Today is . . .

- 5/4: Star Wars Day
- 5/5: Cinco de Mayo
- 5/6: International No Diet Day
- 5/7: Nt'l Children's Mental Health Awareness Day
- 5/8: Fintastic Friday: Giving Sharks a Voice



[checkiday.com](http://checkiday.com)



*Learn from the mistakes of others. You can't live long enough to make them all yourself.*  
- Eleanor Roosevelt

## VIRTUAL FIELD TRIP THE NEON MUSEUM

password: Neon



## Well-Being Tip

**LAUGH!**



Laughter may be the best medicine. It has been shown to reduce stress, enhance immunity, improve blood flow and strengthen relationships. Turn on a funny movie or TV show, make silly faces in the mirror, or just fake it (fake laughter still has the same benefits).

## STUDY TIP

### Strategies for Finals

1. Start preparing early.
2. Reorganize your notes.
3. Create your own study guide.
4. Read your notes out loud.
5. Quiz yourself.
6. Teach classmates.
7. Ask questions.

## Join the Movie Club

The Jim Dan Hill Library is hosting a movie club on Canvas, including discussions and chat during the viewing of the movie. Join in on Saturdays at 4:00 PM. The next movie is **Isle of Dogs**. Self-enroll in the course: <https://uws-ce.instructure.com/enroll/4ATHHJ>

## STUCK AT HOME?

- Watch a funny movie
- Follow the official "Star Wars" Twitter account
- Learn what Cinco de Mayo commemorates
- Watch an opera performance
- Make an ice cream sundae

