



Science . Technology . Health

STEM center

FALL 2020 VIRTUAL SERIES

Brought to you by
STEM Center Peer Mentors

what it do + wellness wednesdays

WHAT IT DO WEDNESDAY is an intimate discussion space for students to process topics that hit close to home.

WELLNESS WEDNESDAYS are dedicated to our well-being and includes meditation, yoga, zoom-bah, dance, and exercise classes.

WELLNESS WEDNESDAYS

Session 1: 8:00 – 9:00 a.m.

Session 2: 11:00 – 12:00 p.m.

Session 3: 5:00 – 6:00 p.m.

WHAT IT DO WEDNESDAYS

4:00 – 5:00 p.m.

tgif fridays

Thank goodness it's friday! Kickback, hang out, and watch a movie together or play virtual games.

FRIDAYS

Session 1: 12:00 p.m. – 1:00 p.m.

Session 2: 4:00 p.m. – 6:00 p.m.

dj pomodoro study sessions

With COVID-19 and transitioning online, many students expressed difficulty focusing and challenges with the lack of structured time. In DJ Pomodoro sessions, we keep each other accountable and provide company as we study together using the Pomodoro Timer technique, where we focus for 25-minute intervals with a 5-minute break in between with music.

MONDAYS

11:00 – 1:00 p.m.

5:00 – 6:00 p.m.

TUESDAYS

11:00 – 12:00 p.m.

4:00 – 6:00 p.m.

WEDNESDAYS

12:00 – 1:00 p.m.

THURSDAYS

11:00 – 12:00 p.m.

4:00 – 6:00 p.m.

These sessions are hosted by our peer mentors, but anyone can host a session during times that works best for them!

To participate, join our stem center discord server. Links and channels to join will be announced on the server: discord.com/invite/68jjPs9