



Campus-Wide Resources to Help Practice Depth Over Breadth:

Time Management Resources from Academic Enrichment:

- TutorZone for time management consultations and much more
- Semester Planning Guide, Weekly Time Management, and Time Assessment PDFs found here (under wm.edu- academic enrichment resources)

Stress Management and Value Alignment Resources from Health and Wellness Center:

- <http://wm.edu/wellness/cmax> for stress management and value alignment workshops/aids and much more
- W&M Wellness App for a Reflect/Connect Workshop plus many others