Campus-Wide Resources to Help Practice Depth Over Breadth:

**Time Management Resources from Academic Enrichment:**

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

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

- [http://wm.edu/wellness/cmax](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