

# Study Breaks at the ASTC

## September

Research shows that taking study breaks may help to increase productivity, creativity, and learning retention while reducing stress. Come take a break or several with the ASTC, have some fun and learn something new that supports your academic success & well-being.

All sessions held in **Room 114G** in the Academic Success & Tutoring Center (ASTC).

**12**  
SEPT

### Stretching & Ergonomics

11:00 AM - 11:20 AM

*w/Kristin Olson, Head Athletic Trainer @ SCC*

Basic stretching techniques to help with neck and upper back tightness during those long study sessions. Tips to maintain "good" study posture and basic ergonomic desk set up.

**19**  
SEPT

### Mindfulness Meditation

11:30 AM - 11:50 AM

*w/Sarah Seguin, ASTC Instructional Asst*

Stresses from the semester settling in? Try out mindfulness meditation, a popular, easy-to-learn practice that can increase internal peace and patience while supporting mental health.

**27**  
SEPT

### Origami Play

12:00 PM - 12:20 PM

*w/Marilyn Nguyen, ASTC Instructional Asst*

Fold your frustrations away by creating origami cranes, Sanrio characters and other cute critters.



**MORE  
INFORMATION**

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