the MSU Advocacy department will oil. Stress a little, as you burn the midnight give you ways to relax and hopefully de- organization, people are working hard to know just how tough this time of year as good. Some crunchy vegetables can be almost But not too much. A glass of water and to go to the gym! Drink coffee, if it helps. professor: eat well, sleep and don't forget to heed the advice of my first year calculus

It's that time of year again. The time REPORTS AND PAPERS AND EXAMS - OH MY!

JOIN THE McMASTER McMOSTERS FOR MOVEMBER AS THEY RAISE AWARENESS AND FUNDS FOR PROSTATE CANCER

MSU Advocacy, SHEC and TwelvEighty are all ready to help alleviate the inevitable stress of the upcoming academic crush

Stress Week From November 19th to 23rd, the MSU Advocacy department will be hosting Stress Week. Each day will feature events or support programs, enabling you to get away from the grind, even if just for a few minutes. The week will include:

Monday – A pancake breakfast served hot and delicious, found in the TwelvEighty window the first floor of in the Student Centre.

Tuesday – Advocacy will be providing stress balls and other helpful things from tables set up in MUSC.

Wednesday – Breathe deep during a yoga class upstart in MUSC. Room and time TBA.

Thursday – Advocacy will be bringing puppies to campus! The dogs will be looking for some love in Chalepue, second floor of the Student Centre, as keep an eye out! Volunteers will also be at the TwelvEighty club night to give out more stress-reducing things.

Friday – To finish off the week, MSU Advocacy will be running games and info sessions from the Lyons New Media Centre in Mills Library, to help you beat exam stress. Keep an eye on the MSU website and the Advocacy page (msumcmaster.ca) for updates and more information!

SHEC Stressbusters Month When exams really get started, the Student Health Education Centre (SHEC) will be providing stress-reducing tips of their own throughout the month of December. Volunteers will be maintaining regular post support throughout the first half week of exams, everday from 11-3 PM. As well, SHEC will be partnering with the McMaster Counselling Centre (MUC) to hold evening coffee socials Sunday through Friday for the duration of the exam period.

SHEC is also on the puppy train, bringing animals to campus via the SPCA. The animals will be available for morning in the MUSC atrium on December 7th from 1-2PM, and will be returning on December 11th and 17th, this time to Mills Library L113 and MUSC 205, respectively. Yoga classes will also

HUIZAILA PREVIEWS CASA LOBBYING CONVENTION Next week, myself, Siobhan and External Affairs Commissioner Justin Neves will be heading off to Ottawa for the Canadian Alliance of Student Associations (CASA) annual Lobbying Convention in Ottawa. The Canadian Alliance of Student Associations is a non-partisan, not-for-profit organization with 25 member associations, representing 300,000 students across Canada. CASA advocates for a Canadian post-secondary education system with a long-term vision that is accessible, affordable and of the highest quality. As such, CASA – much like OUSA in the provincial level - crafts policy and lobbying principles around those tenets. While both OUSA and CASA have full-time legislative staff who lobby on behalf of their students and the Canadian Alliance of Student Associations is a non-partisan, not-for-profit organization with 25 member associations, representing 300,000 students across Canada. 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