This time of year can be overwhelming as you juggle final exams and papers, preparing for NCLEX or certification, and planning for the summer or your first RN position. This will be an interactive and experiential seminar that will provide practical pointers to feel calm and have a clear head and positive attitude in the days and weeks ahead.

**Monday, April 21, 2014 ; 12:00 – 12:50 p.m.**

**McLeod Hall, room 2015**

*Please note: Seating is limited, so arrive early to secure a spot.*

**Facilitator bios:**

**Lois Howland,** DrPH, MSN, is Associate Professor in the Hahn School of Nursing and Health Science, University of San Diego, and a teacher of mindfulness-based stress reduction through the Center for Mindfulness, University of California San Diego.

**Susan Bauer-Wu,** PhD, RN, FAAN, is Kluge Professor in Contemplative End-of-Life Care and director of the Compassionate Care Initiative at the University of Virginia School of Nursing.