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Since You're Here...

Exams Got You Stressed?

Imagery Relaxation Technique:

1. Find a quiet place where you will not be disturbed,
2. Sit or lie down in a comfortable position,
3. Close your eyes and picture your favorite relaxing place,
4. Focus on the colors of your place,
5. Focus on the sounds, even if its completely silent,
6. Imagine the touch and feel of your place,
7. Concentrate on the smells of your place,
8. Open your eyes, when you are ready.

⇒ Palmer, S. & Puri, A. (2006) *Coping with Stress at University: A Survival Guide*. London: Sage Publications.

⇒ Call Number: LB3609.P35 2006 (3rd Floor of the Library)

National Poetry Month

The Summer Tree

In all the summer glut of green,
Serrated leaves, a dark and shifty screen,
Catalpa flowers, unseasonal surprise,
To tense the landscape up for drowsy eyes.
We come alive beholding points of white,
Among the leaves, immense rosettes alight.
The blessing of pure form that opens space
And makes us stop and look in sudden peace.

⇒ Sarton, M. (1980). From *Halfway to Silence*. Norton

⇒ Found in the Twentieth Century American Poetry Database,
USF Libraries

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