What is LNAP?

Welcome to our Long Night Against Procrastination (LNAP)! On Tuesday December 5, 2023 at 6pm until Wednesday December 6, 2023 at 2:00am. LNAP is designed as an extended hours programming to provide residents a space to take a break from their studies and engage with their peers. The programs will be taking place across various residence spaces. Some events will be drop in while others require registrations. See below for summary of our program offerings.

Programs

Exam Prep Workshop (Registration Required)
- Anxious about exams? Learn the skills and tips for success by attending our exam prep workshop hosted by our Residence Academic Learning Strategist. This program offers two 60 minute sessions.

Peer Support (Drop-in)
- Winter blues, exam pressure, holiday stress…? Join us from a drop in style session with our Health and Wellness Peer Support group. Peer Supporters are trained to provide resources and guidance to help you with your well-being.

Knit & Chill (Drop-in)
- Pro or novice, join us for an evening of relaxation and knitting. Keep what you knit or gift it to a loved one, the choice is yours!

Brain Food (Registration Required)
- Fuel your brain as your study for exams. Join us for a fun discussion on nutrition and maintaining a healthy lifestyle during the exam season. Participants will also get a chance to build their own charcuterie boards in accordance with the Canadian food guide.

Music Therapy (Drop-in)
- Take a break and let the music take you away. This workshop will focus on integrating music into your study session and selecting music that compliments your vibes.

Paint N’ Sip (Registration Required)
- Like Netflix and chill, mocktails and winter scenery painting are the perfect duo. Grab a friend and join us for a fun night of painting and sipping.

Massage (Registration Required)
- Join us for 15 minute massage sessions, provided by certified massage practitioners. Space is limited so sign up to avoid disappointment.

Mini Spa (Drop-in)
- It’s all in the name! Facials, soothing music, and a hot beverage is all you need to beat the cold and exam stress.

Late Night Pizza (Drop-in)
- Want a snack? Drop by for a slice of pizza at the residence center or the HC community kitchen on the second floor.

Crunch Time (Registration Required)
- Looking for a quiet study session and snacks. Crunch time is the program for you. Join us for late night studying the snacks.