



## Tell us about your experience of the Fall Break!

**DID YOU KNOW** that McMaster is holding its first ever week-long Fall Break? The Fall Break is designed to help you manage stress and schoolwork, and we want to know if it works!

*If you're an  
undergrad, we  
want **YOU** in our  
study!*

Watch for our email in October with a link to an online survey, plus opportunities to sign up for text blasts to track your time over the Fall Break, and focus groups to tell us all about your experience!

Your opinion could guide the structure of future Fall Breaks, so get involved!

***There are also lots  
of great prizes to  
be won!***

*For more information about  
this study, please contact:*

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