Importance of Balance
Burnout

- Software Developers have high rates of burnout
- School = stress
- 60 hour week = 1.5 * a job
- “The uni experience”
Relevant xkcd - How It Works
Solutions!

- Sleep!
- Eat (Not raman)
- Make friends (not just in STEM)
- Do things you love
- Find time for yourself
Clubs

Club fair is Sept 20-21 from 11am to 3pm

- Cheese club
- Cooking club
- Side Project Club
- Crafts
- Associations
- Student Societies
- Hiking club
Athletics

Athletics + Rec Open House - Sept 12

Free Instructional week Sept 17-21

- Breakers Club
- Ballroom Dancing
- Intramurals
- Classes
### Courses

**UWFlow**

- ENGL 108 - Popular Potter
- ENGL 208B - Science Fiction
- SMF 211 - Dynamics of Dating
- PSYCH 232 - Psychology of Evil

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<tr>
<th>Course Code</th>
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<tr>
<td>HIST 105</td>
<td>Rock 'n' Roll and US History</td>
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<tr>
<td>PLAN 110</td>
<td>Visual Approaches to Design and Communication</td>
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<td>ECE 124</td>
<td>Digital Circuits and Systems</td>
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<td>CS 135</td>
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<td>CS 350</td>
<td>Operating Systems</td>
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<tr>
<td>KIN 155</td>
<td>Introduction to Neuroscience for Kinesiology</td>
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Music

- A capella club
- AniMusic orchestra
- Bands
- Pianos on campus!
- Choir
Arts

- Cabaret
- Crafts for Charity
- Creative Writing Club
- FASS
- Sketch Comedy Club
- Visual Arts Club
"Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices." - Betsy Jacobson
"Striving for excellence motivates you; striving for perfection is demoralizing."

- Harriet Braiker