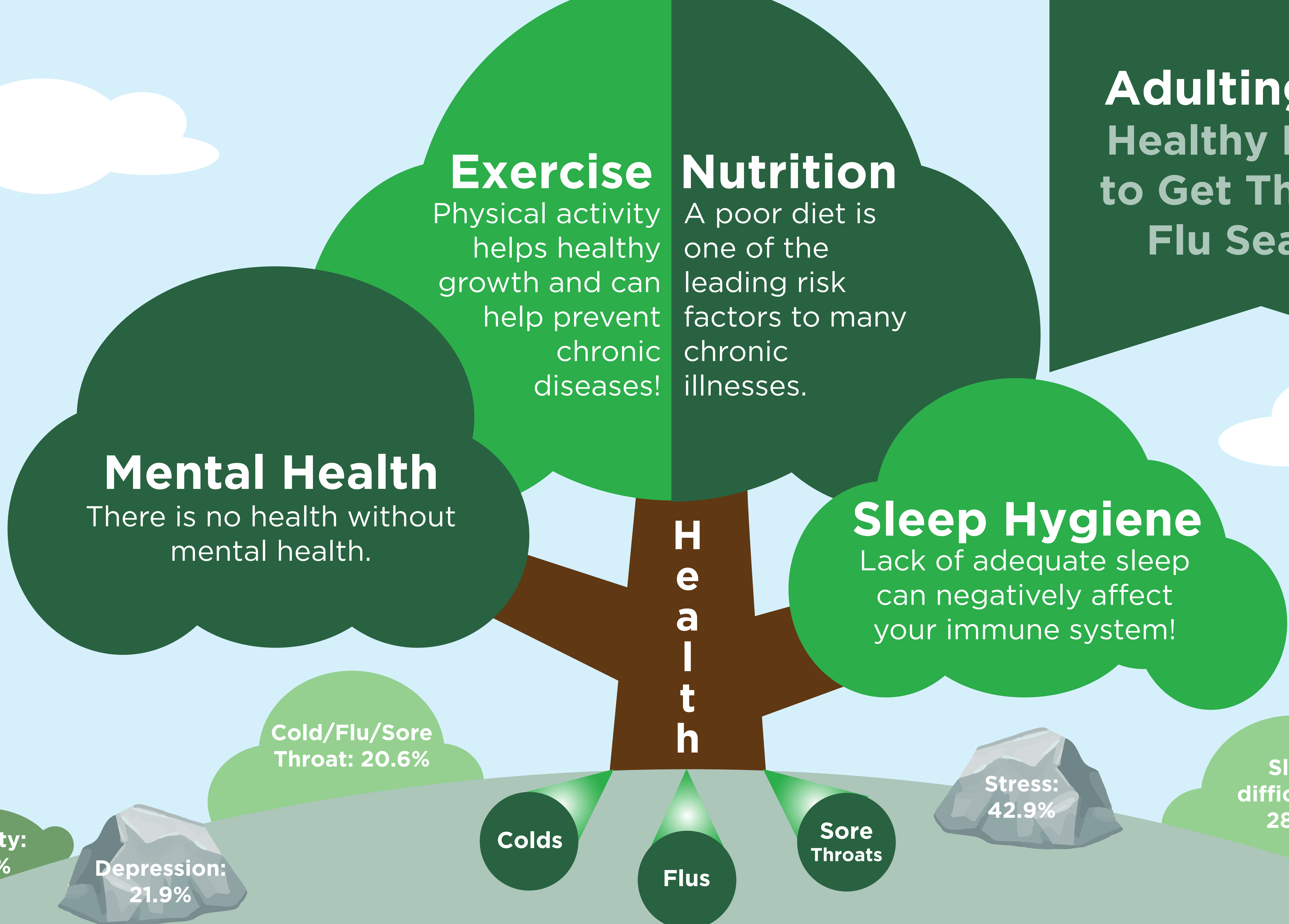


Adulting 101: Healthy Habits to Get Through Flu Season



National College Health Assessment

It was reported by students across Canada attending College that colds, flus, and sore throats were the 5th leading cause of academic impacts. This means it affected students' academic performance, ie receiving a lower grade on a test/ project, a lower grade in the course overall, or received an incomplete grade/dropped the course.