Preparing for a Test?

Organize your test materials and check if you understand them.

☑️ Start studying at least 3 - 5 days before the test date.

☑️ Get help right away on things you don’t understand!

☑️ Attend study sessions and do any sample tests that your instructor provides.

Our Care Staff:

Ina Miller-Cabasug
Donald Frost
Derick Pang
Kristi Teruya

Contact Us:
BLDG 7, RM. 325
(808) 845-9290
honcare@hawaii.edu
honolulu.hawaii.edu/care
15 min Express Zoom Drop In MW 12 - 2 PM, T/R 9-11 AM
Access via CARE website

Send yourself some ❤️ throughout the day! I AM is an app that sends you daily positive affirmations and reminders throughout the day.

Be kind to yourself!

The Wellness Center provides confidential, community referral services and short-term personal counseling to registered HonCC students.

Supporting your well-being while helping you manage personal life issues as you navigate your college experience is the goal of Wellness Center services.

If you find yourself struggling, feeling down, anxious, or otherwise emotionally unwell, please know that you are not alone. One of the most courageous things you can do is reach out for help.

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