Wellbeing Workshops
Fall 2017

SEPTEMBER

- Study Skills & Time Management, Thursday, 9/7, 10-11am
- Host Responsibility Training, Thursday, 9/7, 12:15-12:50pm
- Study Skills & Time Management, Wednesday, 9/13, 11am-noon
- Study Skills & Time Management, Tuesday, 9/19, 2-3pm
- Study Skills & Time Management, Monday, 9/25, 3-4pm
- Saving & Budgeting, Thursday, 9/28, 6:30-7:30pm

OCTOBER

- Resilience 101, Tuesday, 10/3, 3-4pm
- Introduction to Mindfulness, Wednesday, 10/4, 3-4pm
- Study Strategies for Exam Prep, Friday, 10/6, 11am-noon
- Host Responsibility Training, Thursday, 10/19, 12:15-12:50pm
- Financial Stress & Wellbeing, Thursday, 10/26, 6:30-7:30pm

NOVEMBER

- Introduction to Mindfulness, Monday, 11/6, noon-1pm
- Saving & Budgeting, Thursday, 11/9, 3-4pm
- Host Responsibility Training, Tuesday, 11/14, 12:15-12:50pm
- Study Strategies for Exam Prep, Thursday, 11/30, 2-3pm

DECEMBER

- Study Strategies for Exam Prep, Monday, 12/4, 2-3pm

● all workshops held in the CSW Classroom ●