

STUDENT COUNSELING SERVICES

FALL 2021 CALENDAR OF EVENTS

GROUP COUNSELING WEEKLY: 3:30 - 4:30 PM

TUESDAY: LION HEAL
TRAUMA, TRANSITION, LOSS

WEDNESDAY: I'M FINE
STRESS MANAGEMENT & LIFE SKILLS

THURSDAY: CONNECT
RELATIONSHIPS & COMMUNICATION

SEPTEMBER SELF-CARE WORKSHOPS

- 9/15: Adjustment & Stress Management
- 9/21: Study Skills & Time Management

*** Location: 1st Floor
Rice Hall- SCS Office**
***Time: 5:00 pm- 6:00 pm**

OCTOBER SELF-CARE WORKSHOPS

- 10/05: Self Care
- 10/20: Resiliency

*** Location: 1st Floor Rice
Hall- SCS Office**
***Time: 5:00 pm- 6:00 pm**

NOVEMBER SELF-CARE WORKSHOPS

- 11/02: Identity & Personal Development
- 11/30: Self Care

*** Location: 1st Floor Rice
Hall- SCS Office**
***Time: 5:00 pm- 6:00 pm**

DECEMBER

- 12/2- Study Day
- 12/3-12/8- Final Exams
- 12/10 & 12/11- Commencement
- 12/20-01/02- UNA closed for Winter Break

STUDENT COUNSELING SERVICES

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