

# SPRING INTO SUCCESS



## MARCH 16 CALENDAR OF EVENTS

SESSION TITLE	PRESENTER	SESSION DESCRIPTION	TIME	LOCATION
<b>THE THREE RULES OF SUCCESS IN AND OUT OF THE CLASSROOM</b>	Tim Fitzgibbon, Director - Center for Exploring Majors	This presentation will discuss the three types of behavior that successful students exhibit and explore how you can apply them to your life. The discussion will include learning how to overcome the obstacles to implementing these rules into your daily activities.	10-10:25 a.m.	UC West 2206
<b>IMPROVE YOUR SNOOZE</b>	Catherine Champagne, Assistant Program Director, Student Wellness - Recreation, Fitness and Wellness Center	Sleep is necessary for retaining what you learn in class, and keeps you physically and emotionally healthy. This session will introduce you to simple practices for better quality sleep.	10:30-10:55 a.m.	UC West 2205
<b>HAVE A BALL: STRESS RELIEVING CRAFTS</b>	Ellie Bush and Megan Muensterman, Peer Advisors - Center for Exploring Majors	Other stress relief options not working? Well try crafts! This presentation will help students find other stress relief methods through crafts like creating stress balls.	11-11:25 a.m.	UC West 2205
<b>FLYING WITH STUDENT FINANCIAL ASSISTANCE: HOW TO APPLY AND KEEP YOUR AID</b>	Cathy Nickens, Senior Assistant Director - Student Financial Assistance	Come learn more about your Financial Aid (FAFSA) and what academic requirements are necessary to keep your financial aid such as the satisfactory academic progress policy.	11-11:25 a.m.	UC West 2206
<b>FINANCIAL WELLNESS WHILE IN COLLEGE</b>	Shawn Robey, Erica Michels, Bryce Pope and Christian Kocher - Student Financial Success Center	This presentation will help students understand what services the SFSC provides and our process. In addition, attendees will learn about the scholarship program designed to help students faced with a semester balance. Lastly, the SFSC will show students how to better estimate their semester costs with our Pre-Semester Check-In Tool.	1:30-1:55 p.m.	UC West 2206
<b>MY WHY</b>	Matt Barbee and Taylor Hart, Peer Advisors - Center for Exploring Majors	This panel discussion will allow for presenters to answer the question of why and how they chose their specific major. Come engage with students looking to discuss their personal academic journey.	1:30-1:55 p.m.	UC West