

SPRING INTO SUCCESS



MARCH 15 CALENDAR OF EVENTS

SESSION TITLE	PRESENTER	SESSION DESCRIPTION	TIME	LOCATION
FINANCIAL WELLNESS WHILE IN COLLEGE	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.	10-10:25 a.m.	UC West 2206
COLOR THE STRESS AWAY	Ellie Bush, Peer Advisor - Center for Exploring Majors	Filled red with rage about having to study for those midterms? Come learn how art and coloring can be used to relieve stress!	10:30-10:55 a.m.	UC West 2206
INTERVIEW WORKSHOP: PREPARING FOR A PROGRAM OR JOB INTERVIEW	Cara Dunn, Academic Advisor - College of Nursing and Health Professions	Enhance your interview skills in this workshop, where you will receive tips and tricks for an important interview. This workshop is great for students applying for competitive clinical programs or even an important job interview during school or after graduation. In addition to the information received, this will be an opportunity to actually apply and practice what you know in a fun setting.	10:30-10:55 a.m.	UC West 2205
PARTNER YOGA FOR STRESS RELIEF	Sandra Davis, Assistant Program Director, Fitness - Recreation, Fitness and Wellness Center	Light yoga poses to help you decompress along with spending time with a friend. NO PARTNER NEEDED. Yoga "attire" and mat NOT needed.	11-11:25 a.m.	UC West 2206
IMPROVE YOUR SNOOZE	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.	11:30-11:55 a.m.	UC West 2205
THE THREE RULES OF SUCCESS IN AND OUT OF THE CLASSROOM	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.	Noon-12:25 p.m.	UC West 2206
WHAT'S COOKING IN YOUR CROCKPOT?	Angie Valuch, Academic Counselor - Student Support Services	Who says cooking can't be fun and beneficial to one's health?! Come learn how to make your own healthy crockpot meal along with simple steps on meal preparation and buying basic groceries you need to be successful.	1-1:25 p.m.	UC West 2205
MY WHY	Sydney Colin and Bria Sisk, 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.	1-1:25 p.m.	UC West 2206
THE ELIMAMAJOR	Megan Muensterman, Peer Advisor - Center for Exploring Majors	USI offers how many majors? How will I ever decide? If you have questions like these then come try your hand at the Elimamajor!	1:30-1:55 p.m.	UC West 2206
STUDY ABROAD	Center for International Programs	Have you ever wondered what it would be like to study abroad? The University of Southern Indiana offers study abroad opportunities in more than 60 countries around the globe. This session will provide you with more information about how to make study abroad a possibility!	3-4 p.m.	UC West 2205