# FALL 2017 PROGRAMS

Brought to you by Health & Wellness Services, Academic Success and Career Center, Counseling and Psychological Services, and the Writing Center.

## AUG.
- Time Management  
  - Wed 23
- Time Management  
  - Tue 29
- Note Taking Strategies  
  - Wed 30
- Developing Academic Research  
  - Thu 31
- Time Management  
  - Thu 31

## SEPT.
- Stress Management  
  - Tue 5
- In A Rut? Get Started To Get Ahead!  
  - Wed 6
- Time Management  
  - Wed 6
- Time Management  
  - Thu 7
- Healthy Relationships  
  - Mon 11
- Sleep  
  - Mon 11
- Time Management  
  - Tue 12
- Communicating About Consent  
  - Tue 12
- Test Anxiety  
  - Wed 13
- Fighting Rhetoric  
  - Thu 14
- Adulting 101  
  - Thu 14
- Note Taking Strategies  
  - Mon 18
- In A Rut? Get Started To Get Ahead!  
  - Tue 19
- Beers And Bugs  
  - Tue 19
- Stress Management  
  - Wed 20
- Health Screening  
  - Wed 20
- You, In One Page: How To Write An Effective Resume  
  - Thu 21
- Test Anxiety  
  - Mon 25
- Campus Connect  
  - Mon 25
- Tips On Test Taking  
  - Tue 26
- Preparing For The Career Expo  
  - Wed 27
- Stress Management  
  - Wed 27
- Preparing For The Junior Writing Portfolio  
  - Thu 28
- Flu Shot Friday  
  - Fri 29

## OCT.
- In A Rut? Get Started To Get Ahead!  
  - Mon 2
- Self-care  
  - Mon 2
- Stress Management  
  - Wed 4
- Writing The (Student) Self  
  - Thu 5
- Flu Shot Friday  
  - Fri 6
- Time Management  
  - Mon 9
- Understanding Relationship Violence  
  - Mon 9
- Get Connected With Linkedin  
  - Tue 10
- Test Anxiety  
  - Tue 10
- Jumpstart Your Job Search  
  - Wed 11
- Test Anxiety  
  - Wed 11
- Healthy Relationships  
  - Thu 12
- Preparing For The Junior Writing Portfolio  
  - Thu 12
- Flu Shot Friday  
  - Fri 13
- Mental Health First Aid  
  - Sat 14
- Green Dot Bystander Training  
  - Sat 14
- Stress Management  
  - Mon 16
- You, In One Page: How To Write An Effective Resume  
  - Tue 17
- Time Management  
  - Tue 17
- Time Management  
  - Wed 18
- Increasing Motivation  
  - Wed 18
- Developing Academic Research  
  - Thu 19
- Health Screening  
  - Thu 19
- Flu Shot Friday  
  - Fri 20
- Test Anxiety  
  - Mon 23
- Creating And Perfecting Your CV  
  - Mon 23
- Tips On Test Taking  
  - Wed 24
- Campus Connect  
  - Wed 25
- Writing The (Student) Self  
  - Thu 26
- Drink Responsibly  
  - Thu 26
- Flu Shot Friday  
  - Fri 27
- Ace Your Interview: Skills To Get You Hired  
  - Mon 30

## NOV.
- Stress Management  
  - Wed 1
- Fighting Rhetoric  
  - Thu 2
- Jumpstart Your Job Search  
  - Mon 6
- What Comes Next? Applying To Graduate And Professional School  
  - Tue 7
- Understanding Stalking  
  - Tue 7
- You, In One Page: How To Write An Effective Resume  
  - Wed 8
- Benefits Of Sleep  
  - Wed 8
- Healthy Relationships  
  - Thu 9
- Increasing Motivation  
  - Mon 13
- Ace Your Interview: Skills To Get You Hired  
  - Tue 14
- Mental Health First Aid  
  - Tue 14
- Test Anxiety  
  - Wed 15
- CPR And Alcohol Safety  
  - Wed 15
- Campus Connect  
  - Tue 21
- Stress Management  
  - Mon 27
- Test Anxiety  
  - Mon 27
- Health Screening  
  - Tue 28

## DEC.
- Finals Preparation  
  - Tue 5
- Mindfulness  
  - Tue 5
- Test Anxiety  
  - Wed 6
- Campus Connect  
  - Thu 7
- Mental Health First Aid  
  - Thu 14

Sign up for a scheduled event or request a custom workshop for your group by visiting hws.wsu.edu

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