

FINALS RESOURCES

Finals 2018
Resources:
Skills and Drop-in
Groups.
No sign-up.

WEDNESDAY

Feel Better Workshops

2-3pm • Engemann Trojan
Conference Room
12/5: Using Emotions Wisely
12/12: Be Resilient and Thrive

Let's Talk 1:1
2:30 - 3:30pm • STU 422

MONDAY

Mindfulness Practice Workshop

12:00 - 1:00 pm • CMH, Suite 304

Intro to Mindfulness for Beginners

12:00 - 1:00 pm • CMH, Suite 304

Let's Talk 1:1
2:30 - 3:30pm • STU 422

RA Drop-In Group
5:00 - 6:00pm •
Engemann Trojan
Conference Room

THURSDAY

Feel Better Workshops

4-5pm • Engemann Trojan
Conference Room
12/6: Stress Management
12/13: Managing Emotions

Let's Talk 1:1
2:30 - 3:30pm • STU 422

TUESDAY

Students of Color Drop-in Support Group

11-12pm • CMH, Suite 304
Support navigating personal and
interpersonal spaces

Let's Talk 1:1
2:30 - 3:30pm • Cinema
Grad Student Lounge 249

Managing Mood
3:45-5:15pm •
CMH, Suite 304
Learning skills for anxiety,
depression, shame or any
other difficult emotion

FRIDAY

Mindfulness Skills for Daily Living

12:00-1:30pm • CMH, Suite 304
Learn mindfulness techniques to
reduce stress and to build
relation and well-being skills