

Healthy Husky Seminar Series

A Focus on Academics, Wellness and Mental Health

Spring 2019

We know Huskies are super smart and wildly busy. We've designed this workshop series to help you learn positive life strategies, cope with the roadblocks this semester will bring, and connect with your pack.

Attend one, some or all of the sessions; no registration required.

For further information, please contact us at workshops@mtu.edu.

Every Thursday		6-7pm	Rekhi G05
Start Strong!		Finish Stronger!	
Jan. 17	Academic Skills <i>Learn strategies for note-taking, time management, how to study smarter, and overall success in college.</i>	March 14	SPRING BREAK
Jan. 24	Stress & Anxiety Management <i>Start this semester feeling Zen... or at least a little less stressed. Learn preventative care techniques from the Husky Counseling Staff to keep your stress and anxiety at bay this semester.</i>	March 21	Studying for Formula-Based Tests <i>Need help figuring out how to study for formula-based tests? Work with Mike Meyer from the Center for Teaching & Learning & Physics Dept. to learn the best formula-based study strategies.</i>
Jan. 31	Substance Use & Abuse <i>Find out what other students on campus are doing, how to help, and when it's dangerous. Find out what you need to know to keep yourself and community safe.</i>	March 28	Stress & Anxiety Management <i>You're nearing the end. Take the time to do a self-check and consider if there are ways to reduce the stress in your life. Work with staff counselors to learn strategies to manage stress & anxiety.</i>
Feb. 14	Study Skills <i>Study smarter, not harder! Believe it or not, there is a wrong and right way to study. Learn strategies for improving how you obtain, retain and recall information.</i>	Apr. 4	Managing your To-Do List <i>Assess what's working and what's not and leave with resources that will help you restore balance to your life and get your to-do list under control.</i>
Feb. 21	Stress & Anxiety Management <i>Learn strategies to relieve stress and anxiety in all parts of your life – from test anxiety to social stress.</i>	Apr. 11	Substance Use & Abuse <i>Find out what other students on campus are doing, how to help, and when it's dangerous. Find out what you need to know to keep yourself and community safe.</i>
Feb. 28	Managing your To-Do List <i>Assess what's working and what's not and leave with resources that will help you restore balance to your life and get your to-do list under control.</i>	Apr. 18	Finals Prep <i>Whether you need to make up some lost ground or simply stay on course – it's time to get ready for finals. Work with Success Center staff to make a study plan & learn ways to study for deeper learning.</i>
March 7	Sex-Versations <i>The culture of sex is all around us, and it's not always the easiest to navigate. Join us for a workshop on sexual health, the culture of sex and healthy relationships.</i>	Apr. 25	Stress & Anxiety Management <i>Overwhelmed with exams? Learn de-stressing and anxiety management techniques with our counseling staff.</i>

Counseling Services
3rd Floor Admin. Bldg.
☎ 906.487.2538

Waino Wahtera Center
1st Floor Admin. Bldg.
☎ 906.487.3558

Wellness Center
O'Conner House
☎ 906.487.2560



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