

August 8 – 11: Attend one session per topic.

To help you plan, mark what sessions you plan to attend. You should have a total of four 30-minute sessions this week.

Welcome to the Wellness Center

- Monday, August 8, 10:30–11 a.m.
- Tuesday, August 9, 8–8:30 p.m.
- Wednesday, August 10, 6:30–7 p.m.
- Thursday, August 11, Noon–12:30 p.m.

An Overview of Title IX and the Behavioral Intervention Team

- Monday, August 8, Noon–12:30p.m.
- Tuesday, August 9, 10:30–11 a.m.
- Wednesday, August 10, 8–8:30 p.m.
- Thursday, August 11, 6:30–7 p.m.

Emergency Preparedness at Aurora University

- Monday, August 8, 6:30–7 p.m.
- Tuesday, August 9, Noon–12:30 p.m.
- Wednesday, August 10, 10:30–11 a.m.
- Thursday, August 11, 8–8:30 p.m.

The Power of You: Student Conduct at AU

- Monday, August 8, 8–8:30 p.m.
- Tuesday, August 9, 6:30–7 p.m.
- Wednesday, August 10, Noon–12:30 p.m.
- Thursday, August 11, 10:30–11 a.m.

August 15 – 18: Attend one session per topic.

To help you plan, mark what sessions you plan to attend. You should have a total of four 60-minute sessions this week.

The Keys to Managing Stress and Anxiety

- Monday, August 15, 10:30–11:30 a.m.
- Tuesday, August 16, 8–9 p.m.
- Wednesday, August 17, 6:30–7:30 p.m.
- Thursday, August 18, Noon–1 p.m.

Time Management Tips

- Monday, August 15, Noon–1 p.m.
- Tuesday, August 16, 10:30–11:30 a.m.
- Wednesday, August 17, 8–9 p.m.
- Thursday, August 18, 6:30–7:30 p.m.

Study Skills Strategies

- Monday, August 15, 6:30–7:30 p.m.
- Tuesday, August 16, Noon–1 p.m.
- Wednesday, August 17, 10:30–11:30 a.m.
- Thursday, August 18, 8–9 p.m.

Respect and Responsibility: Academic Integrity

- Monday, August 15, 8–9 p.m.
- Tuesday, August 16, 6:30–7:30 p.m.
- Wednesday, August 17, Noon–1 p.m.
- Thursday, August 18, 10:30–11:30 a.m.