Health & Wellness Seminar Series
Spring 2015

When?: Thursdays, 11-11:50am
Where?: ABS 101

Date Workshop (Guest Speaker)
1/22 Growth Mindset for Personal & Academic Excellence *
1/29 RED FOLDER: Recognizing and Assisting Students in Distress (Judicial Officer Roger Scranton) a
2/5 Making Campus More Caring and Compassionate (John Buchanan and Malinda Balfour from Housing) *
2/12 Maritime Relationships (TSGB Chief Mate, Dan Lintz) *
2/19 Revisit Your New Year’s Resolution: Fitness Tips to Keep You on the Right Track (Athletic Trainer, Jeff Ward) *
2/26 Preventing Violence Against Women (SafeQuest Solano Spokesperson) *
3/5 Nutrition, Health, and Wellness (Christine Smith, NP from Student Health Services) *
3/12 Improve Relations with Difficult Coworkers (Dr. Ingrid Williams, Director of HR) *
3/19 Reducing Binge and Problematic Drinking (ATOD Member) *
3/26 Suicide Prevention: QPR (Kate Kimble, Director of Housing) *
4/2 Resilience and Grit as Stress Management (Commandant Staff) *
4/9 Counselors on Cruise-2014 Report *

* Qualifies for ELDP Credit; a For Faculty and Staff Only

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