




CENTER FOR STUDENT WELL-BEING

Fall 2021 Webinars

BETTER YOU, HEALTHIER YOU, ABLE YOU

	The “Better You” workshop series is tailored to encourage students to become the best versions of themselves, providing strategies and hands-on activities to overcome issues such as depression and anxiety, as well as develop resilience and promote self-improvement.
	The “Healthier You” workshop series is tailored to encourage students to adopt healthier lifestyles, focusing on the areas of sleep, hygiene, exercise and nutrition. Students will learn the connection between their physical health and their overall well-being.
	The “Able You” workshop series is tailored to encourage students to understand the nature and different forms of disability. Students will also discuss inclusive environments, accessibility and positive interaction.

SEP 22		Priority Primers: Get Motivated
SEP 27		Disability Etiquette 101
SEP 29		Hatha Yoga
OCT 6		Better Nutrition: Better Health and a Happier You
OCT 13		Perfectionism – Blessing or Curse?
OCT 25		Barriers for Students with Hidden Disabilities
OCT 27		Sleeping Soundly
NOV 10		Staying Positive and Maintaining Well-Being
NOV 17		Tips and Tricks for Managing Time
NOV 22		Unpacking Disability Stereotypes and Microaggressions
NOV 24		SASS: Student Attitudes Toward Success in Social Isolation
DEC 1		Decoding Relationships: Red Flags and Green Lights
DEC 8		The Reality Behind Sand Tray Therapy

For details, please check AUC Connect.