

Spring 2020 Webinars

(to replace workshops after AUC closure due to CoronaVirus)

Date Webinar Title

April 8 Sleeping Soundly

April 13 Mindfulness - The Here and Now Habit

April 15 Become Your Better Self: Build Your Daily Routine in Self-Isolation

April 20 Priority Primers: Get Motivated

April 22 SASS - Student Attitudes Towards Success Especially during Corona

April 27 Interpersonal Dynamics During Isolation

April 29 Art therapy