

BEHAVIORAL INTERVENTION WORKSHOPS

DATE	WORKSHOP	TIME	LOCATION
October			
11	SEXUAL ASSAULT Educating college students about sexual assault has become a hot topic around the country. The workshop will cover what constitute sexual assault and how college students can protect themselves from criminal charges.	5pm	Caldwell Hall Cross/Phipps
25	CONFLICT MANAGEMENT The workshop will provide information that can be utilized to resolve conflicts in an effective manner.	5:15pm	Caldwell Hall Cross/Phipps
November			
8	SUBSTANCE USE AND ABUSE College students are faced with the temptation of allowing friends to coerced them into using and abusing drugs and alcohol. The workshop will provide information that will assist students from falling into traps that could ultimately alter their lives.	5pm	Caldwell Hall Cross/Phipps
29	STRESS MANAGEMENT The subject of stress has become a common topic of conversation. We often hear friends, classmates, and family members talk about the problems they have in managing stresses of everyday living. The workshop will teach students how to deal and release stress.	5:15pm	Caldwell Hall Cross/Phipps
December			
4	UNDERSTANDING YOUR EMOTIONS I am having a difficult time dealing with my emotions. When I wake up in the morning I feel strange. Since we assume we know ourselves better than anyone else we sometimes feel that there is nothing wrong. The workshop will teach students how to identify when there is something actually wrong with them.	5pm	Caldwell Hall Cross/Phipps
February			
5	CAREER DEVELOPMENT	5pm	Caldwell Hall Cross/Phipps

College students are faced with the pressures of finding employment after college. The workshop will provide the student with the correct steps that should be taken to gain employment after college.

February

19	BALANCE AND TIME MANAGEMENT	5pm	Caldwell Hall Cross/Phipps
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A challenge for many college students is how to achieve a sense of organization and balance. The workshop will give new tips and ideas about how to become organized in your academic pursuits as well as in your general lifestyle.

March

5	PERSONAL RESPONSIBILITY	5pm	Caldwell Hall Cross/Phipps
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College students sometimes blame others for their downfalls and fail to realize that the majority of the time it's their fault. The workshop will discuss how to accept responsibility for your actions.

April

2	Self Confidence	5pm	Caldwell Hall Cross/Phipps
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College students should believe that they can achieve success. In other words – believing that they are capable of accomplishing any goal they set.