

Healthy Husky Workshop Series

A Focus on Mental Health, Wellness and Academics

Fall 2018

Have you ever spent hours, days or months trying to accomplish something and feeling like you've gotten nowhere? Are you interested in learning new strategies for overall wellness and success at Michigan Tech and beyond? We know Huskies are super smart and wildly busy. We've designed this workshop series to help you learn positive life strategies, cope with the roadblocks this semester will bring, and connect with your pack.

Attend one, some or all of the sessions; no registration required.

For further information, please contact us at counseling@mtu.edu.

Every Thursday	6-7pm	Fisher 101
Start Strong!		Finish Stronger!
Sept. 6 Kick-Ass Kick-Start <i>Backwards planning will let you manage your life most effectively. Learn how to start with the end in mind.</i>		Oct. 25 Sex-Versations <i>The culture of sex is all around us, and it's not always the easiest to navigate. Join us for a hands-on workshop on sexual health, the culture of sex and healthy relationships.</i>
Sept. 13 Intro to Meditation & Mindfulness <i>Learn some basics of meditation and mindfulness practices and explore how to add these centering and calming exercises into your daily life.</i>		Nov. 1 Mid-Semester Reboot <i>The semester can feel long for every student. Learn some strategies to keep things moving and stay motivated.</i>
Sept. 20 Hello from the Other Side: College Relationships 101 <i>Tips & discussions about all sorts of relationships: roommates, romantic partners, parents/guardians, faculty, etc.</i>		Nov. 8 Nourish: A Focus on Food <i>Learn easy ways to cook healthy and grocery shop on a budget! Tips, recipes and delicious ideas.</i>
Sept. 27 Study Tips for Earning the Highest Grades <i>Believe it or not, there is a wrong and right way to study. Learn research-based strategies for improving how you obtain, retain and recall information.</i>		Nov. 15 Take a Break! <i>On your own, grab a friend for coffee or ice cream. Just take some time to decompress. Thanksgiving break starts tomorrow! (No workshop in Fisher 101 today)</i>
Oct. 4 WTF: Emotional Survival Skills <i>From residence hall disasters to teacher troubles, learn skills to improve your communication and get along with others.</i>		Nov. 29 Chillax: Get your Mental Health Check-Up <i>Learn to manage stress and anxiety through mindfulness techniques.</i>
Oct. 11 Stress Less <i>Learn how to manage test anxiety and reduce stress in your life.</i>		Dec. 6 The Other F-Word <i>Whether you need to make up some lost ground or need a boost to stay on course – it's time to start getting ready for finals. You know they're coming.</i>
Oct. 18 Sleep. Food. Love. Balance <i>Do you ever feel like your to-do list keeps growing? Learn about balance and getting your to-do list under control.</i>		Dec. 13 Essential Oils = Stress-Free Finals <i>Create combinations of essential oils to improve focus & sleep, and to reduce stress. All materials provided, no cost.</i>

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