

Fall Wellness Events @ Scripps

Date	Time	Title	Description	Location
6-Sep	12:15p m	Social Media: @Scripps @ME	Join us for a discussion about managing your social media presence.	Vita Nova
6-Sep	7:00pm	#StopTheStigma	We discuss ways to provide support and get help to #StopTheStigma around mental health.	Vita Nova
9-Sep	11:00a m	First-Year Fall Fest	Participate as the Class of 2021 sets the tone for their community.	Elm Tree Lawn
13-Sep	12:15p m	CORE Curriculum Discussions	How faculty support passionate discourse in the classroom.	Vita Nova
13-Sep	7:00pm	CORE Mentors and Score Interns	Peer to Peer tips on having dialogue in and outside of the classroom.	Vita Nova
13-Sep	3:00pm	Planning out your Semester	Academic Workshop	TBD
14-Sep	7:30pm	Destress Thursdays	Progressive Muscle Relaxation	TFH
20-Sep	12:15p m	TwelevePointOh	Learn how your can obtain support towards your goal of a 12.0 GPA	Vita Nova
20-Sep	7:00pm	Academic Coaches	Our Academic Coaches share strategies and tips on building success.	Vita Nova
21-Sep	7:30pm	Destress Thursdays	Glitter Jars	TFH
27-Sep	12:15p m	Building Healthy Relationships	Explore ways to recognize and build healthy and fulfilling interpersonal relationships.	Vita Nova
28-Sep	7:30pm	Destress Thursdays	Face Mask Tutorials	TFH
4-Oct	12:15p m	Leadership 360 with the LASPA Center	Leadership Assessment: Know your Leadership Style	Vita Nova
4-Oct	7:00pm	Leadership 360 II with the LASPA Center	Does your style match the five practices of exemplary leadership?	Vita Nova
5-Oct	7:30pm	Destress Thursdays	Felting	TFH
11-Oct	7:00pm	You Good? You Okay?	This workshop will focus on academics, preparing to go home for fall break, and a mid semester mental health check in.	Vita Nova
19-Oct	7:30pm	Destress Thursdays	Knitting	TFH
25-Oct	12:15p m	SCORE: What is Community?	Join us for a interactive session on Who We Are and Who is in Our Community.	Vita Nova
25-Oct	7:00pm	SCORE Social Justice Paint Night	Using paint as a medium, explore issues of social justice as it relates to our lived experiences.	Vita Nova
1-Nov	12:15p m	Summertime: Internships and Grants	Join CP&R as they share resources and tips for a meaningful summer!	Vita Nova
2-Nov	7:30pm	Destress Thursdays	Slime	TFH
8-Nov	12:15p m	Pre-Registration with Kelly	Everything you need to know about pre-registration by the book.	Vita Nova
8-Nov	7:00pm	Pre-Registration with NSP	Student tips on successful pre-registration memories.	Vita Nova
9-Nov	7:30pm	Destress Thursdays	Progressive Muscle Relaxation	TFH
15-Nov	12:15p m	Scripps Across the Globe	Celebrate International Education Week with a SAGE Info Session and study around the globe!	Vita Nova
16-Nov	7:30pm	Destress Thursdays	Foam Rolling	TFH
29-Nov	7:00pm	Semester Wrap Up	You've made it, now let's celebrate!	Vita Nova
30-Nov	7:30pm	Destress Thursdays	Stress Balls	TFH
7-Dec	7:30pm	Destress Thursdays	Trail Mix Bar	TFH