

March 30th

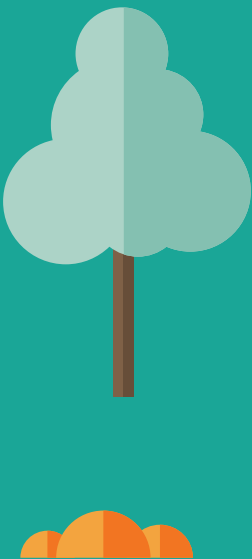


Major & Career
Check Up

11:30 - 1pm
In Person

Have you had a chance to stop and check up on your career journey? Come by the TCDC table outside of Lawrence Center to get a quick check list.

Sponsored by Career Development Center



March 31st



Wellness
Wednesday:
Nostalgia & the
Good Old Days

5pm
Remote

Join Peer Educators, Nebiyou & Aaron, for a Wellness Wednesday discussing why reminiscing and nostalgia make us feel good and how they are connected to the concept of well-being

Sponsored by Wellness Promotion

April 1st



Technology, Science
& Health Meet Up

3:30 - 5:30pm
Remote

Meet alumni and employers who work in these fields to explore jobs and internships and gain insight into an industry or employer.

Sponsored by Career Development Center
[Registration on Handshake](#)

March 30th



Communications,
Marketing & Sports
Meet UP

3:30 - 5:30pm
Remote

Meet alumni and employers who work in these fields to explore jobs and internships and gain insight into an industry or employer

Sponsored by Career Development Center

[Registration on Handshake](#)



April 7th



Major & Career
Check Up

12:30 - 2pm
In Person

Come by the TCDC table outside of Saxbys to get a quick check list to see how things are going and ask any questions about your major exploration or career development.

Sponsored by Career Development Center

Join us on campus in the residential quad for a health hut filled with activities to learn more about social norms and the perception of alcohol consumption on campus.

Sponsored by Wellness Promotion

April 2nd



Health Hut:
Red Solo Cup

8:30am
Hybrid

The Voice Your Values workshop provides an introduction into value and their influence on personal decision-making

Sponsored by Wellness Promotion

April 2nd



Voice Your Values

2pm
Remote

April 8th



CHOICES Alcohol
Workshop

10am
Remote

Interested in learning more about how alcohol impacts the brain and body and strategies to consume in low-risk ways if you do make the decision to drink?

Sponsored by Wellness Promotion

April 8th



Plant the "seeds"
of Involvement

12 - 2pm
In - Person

Join SLI and the LC's to decorate a pot and a discussion on what you want to be involved in over your time on campus.

Sponsored by Student Leadership & Involvement



WCU
GAME
OF
WELL-BEING

KEY



Connection



Awareness



Insight



Purpose



For additional information or questions about the Game of Well-Being, please email wellness@wcupa.edu.

March 30th-April 8th