



Stocking Your Inventory: Identifying Resources for Success at IIT

Tuesday, February 3

In any adventure, you want to fill your inventory with the resources you need to be successful. In this workshop, we will help you identify resources on campus and learn how to use them to best aid you in your college journey.



Beat the Clock: Time Management and Procrastination

Tuesday, March 3

As a student, it often feels like there are too many things to do and not enough hours in the day. In this workshop, we will discuss strategies to assist you with managing your time, with a specific emphasis on balancing academic and professional responsibilities with other areas of wellness.



Choose Your Own Adventure: Making Important Decisions

Tuesday, March 31

Sometimes the decisions you have to make in life are not quite as clearly defined as they are in a Choose Your Own Adventure book. In this workshop, we will help you learn how to identify options even when it appears as if there are no options and how to make the decision that is best for you (versus the "right" decision).



Jedi Mind Tricks: Mindfulness and Stress Management

Tuesday, April 28

Life as a student is often overwhelming. Did you know that you can train yourself to better deal with stressful situations? In this workshop, we will teach you skills to better identify and cope with the stress you will inevitably face as a student.

**All workshops will be held in the MTCC Blue Room
from 12:50-1:40 p.m.**



Sponsored by the **Student Health and Wellness Center**.
Please contact student.health@iit.edu for more information.



ILLINOIS INSTITUTE OF TECHNOLOGY

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