



Smucker Learning Center

Spring 2014

BE A COLLEGE SURVIVOR!

ALMOST EVERYTHING  
YOU NEED TO KNOW  
TO SURVIVE COLLEGE!

30 minute sessions

12:15 – 12:45 p.m.

All classes held in Room F-102  
(Community Room, near Library)

## Mini Workshops

February 12    **Timing is Everything!**

February 19    **Relaxation Yoga**

February 26    **PowerPoint Crash Course**

March 5    **Speech Anxiety**

March 12    **Finding Inner-Focus Yoga**

April 2    **Choosing a Career for THE WIN!**

April 9    **Eating and Sleeping – Who Knew?**

April 16    **Dating and Healthy Relationships**

April 30    **Stress Buster Yoga**