

# STUDENT ACADEMIC SUCCESS SESSIONS

Presented By:  
The Office of Retention and  
Student Success  
618.650.5930  
@RetentionAtSIUE  
#SASSSIUE

**Overcoming Test Anxiety**  
Tyler Phelps  
August 30th 5:00pm  
MUC Maple Dogwood

**Cultivating Resilience**  
Dr. James Linsin  
October 6th 5:00pm  
MUC Meeting Room A

**Nutrition & Wellness**  
Riane Greenwalt  
September 15th 5:00pm  
MUC Mississippi- Illinios

**Banking and Budgeting**  
Anna Mayberry  
October 13th 5:00pm  
MUC Meeting Room A

**Stress Management**  
Jennifer Payne  
September 21st 5:00pm  
MUC Mississippi- Illinios

**Defining "Health"**  
Jennifer Caumiant & Bailee Ronto  
October 17th 5:00pm  
MUC Mississippi- Illinios

**Getting Involved on  
Campus**  
Tyler Manning  
September 28th 5:00pm  
Fixins' in the MUC

**Career Planning**  
Eileen Martindale  
October 27th 5:00pm  
MUC Meeting Room A

**Finals Prep**  
Jeffery Spinks  
November 30th 5:00pm  
MUC Mississippi- Illinios



## WHY SASS?

- Earn your "Health Experience" General Education Requirement
- Learn more about valuable resources on campus
- Connect with other students and professionals on campus

# GRADUATION STARTS TODAY!