

SASS SESSIONS

SPRING 2019



Presented by:
Office of Retention and
Student Success
618-650-3724

Monday, February 4 at 5 p.m.
Career Development Center University
Life to Work Life
Mississippi/Illinois Room

Tuesday, February 12 at 5 p.m.
Riane Greenwalt & Courtney Boddie
Stress Management
Maple/Dogwood Room

Wednesday, February 20 at 5 p.m.
Julia Simms
Combating Math Anxiety*
Maple/Dogwood Room

Tuesday, March 5 at 5 p.m.
Riane Greenwalt
Vaping Dangers
Mississippi/Illinois Room

Thursday, March 21 at 5 p.m.
Riane Greenwalt
Nutrition 101
Maple/Dogwood Room

Monday, March 25 at 5 p.m.
SOAR Office
Financial & Emotional Peace
Oak/Redbud Room

Tuesday, April 9 at 5 p.m.
Samantha Dickens
Sexual Health, Communication & Consent
Mississippi/Illinois Room

Wednesday, April 24 at 5 p.m.
Julia Simms
Combating Math Anxiety*
Maple/Dogwood Room

Tuesday, April 30 at 5 p.m.
Jeffrey Spinks
Finals Prep
Maple/Dogwood Room

Why SASS?

Earn your "Health Experience" General
Education requirement

Connect with other students and
professionals on campus

Learn ways to make healthier lifestyle
choices

Learn more about valuable resources
on campus

*Cannot attend the same session topic for multiple credits