



UBHC Student Wellness Program Wellness Seminars

- **Alcohol and Substance Abuse in the Workplace** - The signs, symptoms and effects of alcohol and substances in the workplace.
- **Anti-Bullying** – Effective strategies to help schools and workplaces to provide safe and secure environments for students and staff.
- **Balancing School and Family** – Creative solutions that can help one to manage the challenges associated with juggling both school and family.
- **Change Management** – Effectively coping with change both big and small.
- **Conflict Resolution** – Examines some of the common causes and strategies to effectively manage conflict in academic settings.
- **Coping with Grief** – Experiencing the loss of a loved one is one of the most painful things that human beings must endure. Experiencing the loss of a fellow student, faculty or staff can lead to challenges in the work environment, some that may be unexpected. Strategies are offered for coping with the aftermath of such losses.
- **Cultural Diversity** – Understanding and appreciating cultural differences.
- **Identifying the At Risk Student** – Program focuses on recognizing the warning signs of an “at risk student” and steps to getting additional support from the SWP.
- **Mindfulness** – Offers an overview of this popular form of stress and anxiety reduction as well as tips on how to begin integrating it into everyday life.
- **New Student Orientation** – Describes the resources available through the SWP, how to access those resources and the benefits of doing so.

- **Sensitivity and Civility** – Respect for each other is a cornerstone of effective working groups. This session explores ways in which we can enhance each other's opportunities for success.
- **Stress Management** – Provides strategies to help improve management of general and/or academic related stress.
- **Team Building** – Creating productive and cohesive teams.
- **Test Taking Anxiety** – Learn strategies to help better managed this common form of anxiety.