<table>
<thead>
<tr>
<th>TUESDAY SESSIONS</th>
<th>WEDNESDAY SESSIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Hubbard-Totton Auditorium</td>
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<tr>
<td><strong>10:40 a.m. – 11:30 a.m.</strong></td>
<td><strong>6:00 p.m. – 7:00 p.m.</strong></td>
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**Tuesday, January 24th**

**Pushing Past Writer’s Block: Tips for Getting Started On Your Essay**

Students will engage in conversation about reasons for writer’s block and learn strategies for successfully starting and completing essays.

**Tuesday, February 7th**

**Making Smart Choices: The Impact of Alcohol Consumption in College**

The correlation between alcohol consumption, sexual assault, and domestic violence.

**Tuesday, February 21st**

**Let’s Talk: Keys to Wellness and College Success**

Students will define stress and its relationship with personal wellness using the wellness wheel.

**Tuesday, March 7**

**Speaking with a Purpose**

Students will understand that becoming a better speaker involves learning to get your ideas across to others in an easy-to-understand, interesting way. Students will be made aware of the importance of learning to prepare, organize, and deliver well-received speeches and presentations.

**Tuesday, March 21**

**Work Smarter, Not Harder**

How to make it better, do it faster, & make you stronger without working harder. Take advantage of online resources and study strategies that will take hours off your homework/study time.

**Tuesday, April 4th**

**Let’s Move! Personal Wellness and Physical Health**

Students will complete an exercise readiness questionnaire and fitness test. Additionally, we will explore physical fitness and stress management techniques.

**Wednesday, February 8th**

**Know Your E-Status: Personal Wellness and Emotional Health**

Students will identify personal triggers for emotional stress and practice emotion regulation techniques.

**Wednesday, February 15th**

**Give Credit Where Credit’s Due: Academic Integrity and Avoiding Plagiarism**

Students will learn about various academic databases and research strategies along with how to properly cite sources and avoid plagiarism.

**Wednesday, March 8th**

**Wellness and Nutritional Health**

Students will hear from NCCU’s Nutrition Department about fueling our bodies for optimum physical wellness. Snacks provided!

**Wednesday, April 12th**

**Developing the Delivery: Increase the Impact of your Verbal Message**

Students will gain knowledge on how to use nonverbal communication to deliver speeches effectively and examine some of the important aspects of vocal delivery.

**Wednesday, April 19th**

**Relax, Release, Refresh (Reading Day Stress Relief)**

Students will end the semester with a wellness review and evening of STRESS RELIEF!

*Wellness sessions are facilitated by Student Health and Counseling Center