

WANT TO *highkey* THRIVE IN 2021?

SlipperyRock
University
Student Affairs

THREE ESSENTIALS FOR THRIVING THIS SEMESTER:



Develop Productive Relationships (R):

Cultivate meaningful connections with other students, that positively contribute to your well-being.



Get Motivated (M):

Find specific ways that help you move toward action.



Respond to Ambiguity (A):

Learn to respond to unpredictable situations by adapting your plans and being comfortable in moving forward without all the information.

RESOURCES TO HELP

Boost (M,R,A): Peer wellness coaching focusing on personal, social, and emotional wellness.

Campus Recreation (M,R): Offering both in-person and virtual programs including aquatics, fitness and wellness, group exercise, Intramural Sports, Outdoor Adventures, safety certifications, and sport clubs.

Career Coaching (A): Even in the midst of uncertainty, solid career development advice and support is essential. Meet with a Career Coach to discuss your current and future career plans, resume development, or just to get basic career advice.

CORE (M,R): What is there to do at SRU? CORE is a one-stop-shop to student organizations, upcoming events, and other campus involvement opportunities.

Emerging Leadership Experience (M,R,A): Leadership experience designed to assist first-year and transfers students in making connections and develop leadership competencies through interactive activities and dialogue led by peer mentors.

Fraternity & Sorority Life (R): Fraternity or sorority membership provides both in-person and virtual opportunities to create life-long connections through personal and professional development, civic engagement, and alumni networking.

Group Counseling (R,A): The Student Counseling Center offers group sessions focusing on the following topics – grief and loss, anxiety and depression, Athlete support group, LGBTQ+ support group, and healthy relationships.

HELP YOU THRIVE:

HOPE (R,A): Offers peer-to-peer education programs such as sexual health/healthy relationships, prevention of underage and dangerous drinking, other drugs, resilience, nutrition, and general wellness.

Pride Center (R): Dedicated to providing education, support, and empowerment to members of the LGBTQ+ community and allies.

Student Success Coaches (M,A): Provide a proactive and interactive space for students to navigate their college experience and become connected to campus resources.

Women's Center (R): Serves to foster an environment free from gender bias and enhance the lives of women through empowering educational programming and outreach awareness campaigns.

Veteran's Center (R): Provides student veterans, military affiliated, and ROTC cadets a place to relax.



NOT SURE WHERE TO GO FIRST? THE SRU CONCERN CENTER WILL POINT YOU IN THE RIGHT DIRECTION.

UPCOMING EVENTS TO HELP YOU THRIVE:

1/20 - 2/12 [Vision Board Social Media Contest](#)

1/26 & 1/27 [Involvement Fair: Club Sports](#)

1/26 & 1/27 [Involvement Fair: Academic/Pre-Professional/Honoraries](#)

1/26 & 1/27 [Involvement Fair: General Interest](#)

1/28 [Meet the Greeks](#)

1/29 - 2/1 [SGA Movie Series](#)

2/2 - 2/6 [Sorority Recruitment](#)

2/4 [UPB: Cozy-up to a new semester!](#)

2/5 - 2/7 [SGA Movie Series](#)

2/11 [UPB Valentine's Event](#)

2/12 [UPB Winterfest](#)

2/12 - 2/14 [SGA Movie Series](#)

2/14 - [Intramural Cornhole Tournament](#)

Register by 2/12 [Intramural Esports Session 1](#)

(Mondays) [Student Athlete Support Group](#)

(Tuesdays) [Anxiety and Depression Group](#)

(Wednesdays) [LGBTIQA+ Support Group](#)

Questions?



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slipperyrock.concerncenter.com



A FULL CALENDAR OF EVENTS IS FOUND ON CORE.