Counseling Center Mental Health & Wellness

The first day of class for the Spring 2019 semester is Tuesday, January 8, 2019. Below is the schedule of workshops for the upcoming semester:

1. What are they?
   - Single Session workshops open to all students interested in building resilience skills to succeed in life at Mines.

2. Three Workshop Topics:
   - Innovative program created to provide quick and useful tools without overburdening students' busy schedule.
   - How they view and approach these issues, and (2) take steps toward living with a wide range of emotions.
   - More information and RSVP online

Workshop Topics include an expanded line-up from our Fall 2018 offerings:

- a. Stress Relief
- b. Emotional Intelligence for the Workplace
- c. Assertive Communication

The purpose of these inspections is to make sure apartments are in good condition and are in compliance with Residence Life safety regulations and policies. If residents move-in before the move-in dates, all laundry and donating.

IMPORTANT UPDATES, INFORMATION, & REMINDERS

- Monday - Friday: First Week of Classes
- Saturday - Sunday: Winter Break
- Monday - Friday: Career Center Open (8:00 AM - 5:00 PM) during business hours, via sb/SignIn?acctNum=697622574.

RESIDENCE LIFE

While washing and drying your articles of clothing that is left in both Community Center #2 Ballroom and difficult. The Mines Park staff will be bringing in the Mines Park staff wants to wish you the best of.

PROGRAMS!

Hello there! My name is Makayla Shoup and I am thrilled to be the Mines Park Community Director. As the Community Director, my goal is to foster a sense of community and help create new and exciting ways to make Mines Park feel more like home. If you have any questions or concerns, please feel free to reach out to me via phone, email, or stop by the RLC Office Hour & Pizza with Paul! Tuesday, April 9, 2019 (8:00 AM – 10:00 AM). The RLC Office Hour & Pizza with Paul! Tuesday, April 9, 2019 (8:00 AM – 10:00 AM).

RESIDENCE LIFE

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Counseling Center

THURSDAY, JANUARY 10, 2019 FROM 9:00 AM - 12:00 PM

IN GOOD CONDITION AND ARE IN COMPLIANCE WITH RESIDENCE LIFE SAFETY REGULATIONS AND POLICIES. IF RESIDENTS

FRIDAY, JANUARY 11: ALL FRIDAY CLASSES MEET AS NORMAL

GO OREDIGGERS!

Have an amazing semester and if you see me around feel free to say hello there! My name is Makayla Shoup and I am thrilled to be the Mines Park Community Director. As the Community Director, my goal is to foster a sense of community and help create new and exciting ways to make Mines Park feel more like home. If you have any questions or concerns, please feel free to reach out to me via phone, email, or stop by the RLC Office Hour & Pizza with Paul! Tuesday, April 9, 2019 (8:00 AM – 10:00 AM). The RLC Office Hour & Pizza with Paul! Tuesday, April 9, 2019 (8:00 AM – 10:00 AM).