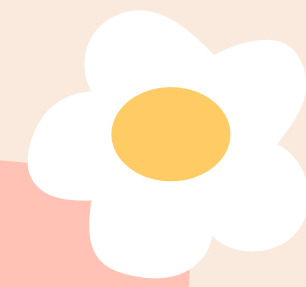
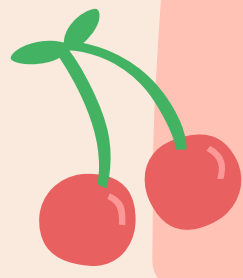


Midterm DESTRESS



May 18, 2023
1-3 PM
Located in the
Library, D-126

1.

Meet a Career Specialist

Curious about how to move from your current class to a career path? Come meet a Career Specialist! Specialist is fluent in French.

2.

Ask Advising Qs

Have a question about your degree/certificate? Come chat with us to ask questions and learn about different BC programs. Staff is also fluent in Spanish.

3.

Light Therapy

Struggling with the dark, gloomy weather? Come learn about and test out the light therapy lamp to see if it is a good fit for you!

4.

Destress Activities

There will be destress activities such as mindful coloring, origami, or making a bracelet! A Vietnamese speaking counselor will be available to answer your mental health questions.

5.

Free stress balls
and fidget toys!

This event is in collaboration with the Library, the Counseling Center, the Center for Career Connections, Academic Advising, and Coming to America.

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