### Seminar Title: **Navigating Relationships (2 hour sessions)**

**Day:** Friday  
**Time:** 10.00- 11.50a.m.  
**Venue:** MHE 2A  
**Presenter:** Mrs. Teorah Lowe

**March 8:** History of courtship and dating and tips for Dating  
**March 15:** Effective Communication and How to Handle a Break up

### Seminar Title: **Understanding Careers and Work (2 hour sessions)**

**Day:** Mondays  
**Time:** 11.00a.m. -1.00 p.m.  
**Venue:** D2  
**Presenter:** Ms. Norma Turnquest

**February 25:** What can I do with a career in…?  
- What am I good in…?  
- How do majors and careers come together?  
- Exploring career fit – purpose & position  
**March 4:** Careers & Job Fair Circuit  
- Expectations and preparation  
- Everything I need to know  
- Must ask questions

### Seminar Title: **Interpersonal Violence in Various Forms (1 hour sessions)**

**Day:** Wednesdays  
**Time:** 2.00 p.m. – 2.50 p.m.  
**Venue:** D3  
**Presenter:** Mrs. Camille Smith

**February 20:** Teen Dating Violence  
**February 27:** Domestic Violence  
**March 6:** Sexual Violence  
**March 13:** Overcoming the Trauma of Violence

### Seminar Title: **Presentation Skills (1 hour sessions)**

**Day:** Friday  
**Time:** 12:00 noon. – 1:00 p.m.  
**Venue:** D3  
**Presenter:** Mrs. Camille Smith

**February 22:** Presentation Techniques: Verbal and Non-Verbal Factors  
**March 8:** Presentation Elements and Layout  
**March 15:** Audience Analysis, Room layout and Use of Aids  
**March 22:** Presenting Your Best

### Constructing Your Family Tree: Understanding Family Dynamics (1 hour sessions)

**Day:** Tuesdays  
**Time:** 2:00 p.m. – 2:50 p.m.  
**Venue:** D2  
**Presenter:** Dr. Suzanne Newbold

**February 26:** Homecoming (venue: Media room-main library)  
**March 5:** Understanding Genograms  
**March 12:** Identifying Your Lifestyle  
**March 19:** Discoveries, Discussions & Decisions
Seminar Title: **Improving Your Health Seminar Series (1 hour sessions)**

**Day:** Wednesdays  
**Time:** 2:00 p.m. – 2:50 p.m.  
**Venue:** Dance Studio, Wellness Centre  
**Presenter:** Mr. Bradley Cooper/ Mr. Keith Cox

- **March 6**
  - Exercise and You
- **March 13**
  - Exercise 101
- **March 20**
  - How to plan your workout schedule?
- **March 27**
  - Meal Planning and shopping for your meals

Seminar Title: **Back Off Baby, I'm In School**

**Day:** Fridays  
**Time:** 10:00 p.m. – 11:30 p.m.  
**Venue:** MHE 2B  
**Facilitators:** Mrs. Anastacia Forbes

- **March 8**
  - Why Should You Care about Preventing Unplanned Pregnancy?
- **March 15**
  - How Much Do You Know about Sex and Birth Control?
- **March 22**
  - Make a Plan and Take Action

Seminar Title: **Put Off Procrastination**

**Day:** Mondays  
**Time:** 10:00 p.m. – 11:50 p.m.  
**Venue:** D6  
**Facilitator:** Mrs. Anastacia S. Forbes

- **February 25**
  - Clarifying Goals: Setting Priorities/ Student Contracts
- **March 4**
  - Why We Procrastinate?  
  - Overcoming Procrastination/ Design Your Own Anti-Procrastination Plan

Seminar Title: **Academic Success**

**Day:** Fridays  
**Time:** 10:00 p.m. – 10:50 p.m.  
**Venue:** TBA  
**Facilitators:** Mr. Colyn Major

- **February 22**
  - New Strategies for ‘YOUR’ ACADEMIC SUCCESS!
- **March 8**
  - Ten (1) Easy Ways to Get on Academic Probation: Surviving Academic Probation
- **March 15**
  - Power over Procrastination
- **April 5**
  - Test Anxiety: How To Beat It
- **April 12**
  - The Power of “Interim Grades”: My Academic Safety Net

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*Please note that seminars are open to anyone. Interested students are asked to register at The Secretariat, Counselling & Health Services Department, 3rd Floor, Portia M. Smith Student Services Building.*