

Counselling & Health Services Department
(COUN100) FIRST YEAR SEMINAR /SEMINAR SERIES - SEMESTER 01-2012
Please note that series consist of either 4 weeks x 1 hour or 2 weeks x 2 hours.
Please also secure the seminar forms to be completed for this COUN 100 assignment.

Seminar Title: Career Choices & Decisions: What Major/ What Career?

Day: Fridays Time: 12noon – 1.50 p.m. (2 hour sessions) Venue: Room: D3
Facilitator: Dr. J. Vanderpool

- January 27th 2012 - Career Decision-Making: Selecting a Major
- Career Exploration: Where are the Jobs?
February 3rd 2012 - Self-Awareness & Transferable Skills
- Career Values, Attitudes & Skills: "What are you bringing to the workplace?"
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Seminar Title: Interpersonal Violence in Various Forms

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

- Feb 1st 2012: Teen Dating Violence
Feb 8th 2012: Domestic Violence
Feb 15th 2012: Sexual Violence
Feb 22nd 2012: Overcoming the Trauma of Violence
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Seminar Title: What is the College of The Bahamas Union of Students (COBUS)

Day: Fridays Time: 1.00 p.m. – 2.50 p.m. Venue: Student Union Building Senate Room
Presenter: COBUS President Renbert Mortimer and COBUS Senators

- Feb 10th 2012: What is COBUS?/ History/ Benefits/ Constitution/ Bylaws/ Current COBUS members /
Duties of COBUS within COB/ Related Policies and Rules of COB
Feb 17th 2012: COBUS nationally and internationally/ Clubs (mini Club fair)-/ COBUS as a family
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Seminar Title: Enjoying Campus Life

Day: Saturdays Time: 12 noon. – 1.50 p.m. Venue: Student Union Building Senate Room
Presenter: COBUS President Renbert Mortimer and COBUS Senators

- Feb 11th 2012: What all can I do in COB /Getting Involved
Feb 18th 2012: Creating a Club / Allocations to clubs /Planning a event /Motivating others
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Seminar Title: Improving Your Health Seminar Series

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

- Feb 7th 2012: Exercise and You
Feb 14th 2012: Exercise 101
Feb 21st 2012 How to plan your workout schedule?
Feb 28th 2012 Meal Planning and shopping for your meals
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Seminar Title: Careers, Majors, Resume & Interview

Day: Fridays Time: 1.00p.m. - 3.00 p.m. (2 hour sessions) Venue: Rm: D5
Facilitator: Ms. Norma Turnquest

- February 10th 2012 Where Can I Go With A Major or Career In ?...
February 17th 2012 Critiquing the Resume & Interview
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Interested students are asked to register at The Secretariat, Counselling & Health Services Department, 3rd Floor, Portia M. Smith Student Services Building.