

Counselling & Health Services Department
(COUN100) FIRST YEAR SEMINAR
SEMINAR SERIES - SEMESTER 01-2010
Please note that the series consist of either
(4) one-hour or (2) two-hour classes

Understanding Your Past To Positively Affect Your Future

Day: Tuesdays **Time:** 2:00 p.m. – 2:50 p.m. **Venue:** Room: D6
Facilitator: Dr. Suzanne Newbold

March 2, 2010: Homecoming
March 9, 2010: Understanding Georgas
March 16, 2010: Constructing Your Georgas
March 23, 2010: Discoveries, Discussions & Decisions
March 30, 2010: Discoveries, Discussions & Decisions

Improving Your Health Seminar Series

Day: Wednesdays **Time:** 1:00 p.m. – 1:50 p.m. **Venue:** Dance Studio,
Wellness Centre

Facilitator: Mr. Bradley Cooper/ Mr. Keith Cox

February 17, 2010: Exercise and You
February 24, 2010: Weight Management
March 3, 2010: What is Diabetes?
March 10, 2010: Weight Lifting 101

EXTREME MAKE-OVER

Day: Mondays **Time:** 2:00 – 4:00 p.m. (2 hours) **Venue:** Room D6
Facilitator: Norma Turnquest

March 22, 2010

1. Checking Your Physique – cover letter essentials
2. Developing The Curves – resume essentials

March 29, 2010

3. Adjusting The Frame – job search essentials
4. Strengthening The Physique And Smoothing The Curves – pulling it all together

Interpersonal Violence in Various Forms

Day: Wednesdays **Time:** 11:00 a.m. – 11:50 a.m. **Venue:** Room: B7
Facilitator: Mrs. Camille Smith

March 3, 2010: Teen Dating Violence
March 10, 2010: Domestic Violence
March 17, 2010: Sexual Violence
March 24, 2010: Overcoming the Trauma of Violence

Navigating Relationships

Day: Friday **Time:** 9:00 am – 9:50 a.m. **Venue:** Room G7
Facilitator: Mrs. Teorah Ferguson

February 19, 2010 History of Dating
March 5, 2010 Dating Vs Hooking Up
March 12, 2010 Healthy Vs Unhealthy Relationships
March 19, 2010 Navigating a Break-up

Conflict Management - (Dealing with Difficult People)

Day: Mondays **Time:** Noon – 12:50 p.m. **Venue:** TBA
Facilitator: Mr. Vicente Roberts

March 1, 2010: What is Conflict
March 8, 2010: What is a conflict management style and when to use it
March 15, 2010: Who are difficult people
March 22, 2010: Skills to managing conflict in a positive way

Personal Branding

Day: Tuesdays **Time:** 10:00 – Noon (2 hours) **Venue:** TBA
Facilitator: Lottis Shearer-Knowles

March 2, 2010: Creating a Personal Vision and Mission Statement
March 9, 2010: Building a Legacy

Interested students are asked to register at The Secretariat, Counselling & Health Services Department, 3rd Floor, Portia M. Smith Student Services Building.