

Thriving Thursdays – 4:00 pm – Old Main – Room E

Date	Topic	Leader(s)
2/13	The Art of Small Talk: Come learn the simple tricks for having successful conversations and building relationships with ease and confidence.	Thomas Lindquist, Staff Psychologist
2/20	Introverts Unite! The world needs introverts! Come learn more about the strengths you have to offer and how to use these strengths to get ahead.	Ashley DeVito, Doctoral Trainee; Catherine Kepner, Doctoral Trainee
2/27	Introduction to Mindfulness: Stressed and anxious? Come learn about this approach to living a more present and stress free life.	Thomas Lindquist, Staff Psychologist
3/5	Avoiding Avoidance: Beating Procrastination Pushing things off until the last minute? Avoidance is the coping tool of those with anxiety – and also one of the worst strategies for success. These tips and tricks will help you get on the ball and finish your work.	Ashley DeVito, Doctoral Trainee
3/19	De-stress with Tie Dye Let your creativity carry you away by creating your own custom tie dye t-shirt.	Catherine Kepner, Doctoral Trainee, Thomas Lindquist, Staff Psychologist
3/26	Cool Your Jets! Changing Your Relationship to Anger. Come learn some helpful ways to gain control over your reactions and own your anger.	Thomas Lindquist, Staff Psychologist
4/2	Surviving Panic Attacks Getting to the other side of a panic attack and learning how to live comfortably with anxiety is possible and these proven strategies will help you.	Catherine Kepner, Doctoral Trainee
4/9	Envisioning Your Best Self: Vision Boards* If we can picture it, we have a better chance of making it happen. Come and picture yourself in 1 year, 5 years, or 25 years and get back in touch with yourself and your mission.	Ashley DeVito, Doctoral Trainee
4/16	Beyond Freud: Dream Interpretation Dreams are fascinating experiences and sometimes have important ideas from our subconscious. If you'd like to understand yourself and your dreams, come learn some tricks to making sense of symbols.	Thomas Lindquist, Staff Psychologist
4/23	Drawing the Line: Saying Yes to No Learning how to set limits is an essential adult skill that lets us have room for self-care and success. You can't follow your path if you give the keys to your energy to everyone else.	Catherine Kepner, Doctoral Trainee