

Fall Workshops/Social Activities

August

New Student Open House Event

Come by the SSS office in Wahlstrom 519 to meet the SSS staff and get familiar with our office on August 26th from 1-3pm. We will have ice breakers and tastings from local eateries!

ExCEL Mentee/Mentor Ice Cream Social

Mentees & Mentors come get to know one another on August 26th from 2:30-3:30pm in the Private Dining Room. Have fun doing ice breakers and having some delicious ice cream!

Returning Students Open House Event

Come reconnect with your returner peers and the SSS staff while tasting some local pizza on August 28th from 6-7:30pm in the SSS office.

September

Beat the Clock: Time Management Workshop:

Come learn about basic skills and techniques to manage your time better. Workshop will be held on September 12th at 12:15-1:15pm in Wahl 500b.

Men's & Women's Group: The Chronological Time of Your Life, September 13th from 12:15-1:15pm. Men will be meeting in Wahl 500b and Women will be meeting in Wahl 500a.

September Cont'd

Graduate School Workshop: Are you thinking about attending graduate school? Come to this workshop to learn about the steps to prepare. September 18th from 5:30-6:30pm in the Library Pavilion.

Money Management Series: Come learn budget management strategies to best prepare you for the future. This is a two part series that will be held on September 20th & 27th in the Student Center's Private Dining Room.

Pre-Stomp Workshop: Planning on attending our NYC trip? This workshop is mandatory for all that are going to see STOMP. Come learn about the culture of street music on September 24th from 5:30-7pm. Location to be determined.

STOMP in NYC: Tired of staying on campus? Come join us on a bus trip to NYC to see STOMP. Buses leave campus on September 29th at 10am and arrive back at 7:30pm. Space is limited so sign up in the SSS office!

October

Have a lot on your shoulders?: Learn tips for effective stress management on October 2nd at 5:30pm in Bodine Hall, 1st floor lounge. Homemade stress balls will be made!

October Cont'd

Are the food you are eating affecting your studying? Come learn about the best brain foods to retain information when studying on October 3rd from 12-1pm in the Library Pavilion.

UB vs. NYACK Soccer Game: Show your school spirit at the Purple Knights soccer game on October 10th. SSS will be attending as a group. Meet at the SSS office and we will walk over together. Time to be determined.

Men's & Women's Group: The 2nd group meeting will be held on October 11th from 12:15-1:15 pm. Women will be meeting in Wahl 500a to discuss the Female Body Image and Men will be meeting in Wahl 500b to discuss Masculinity: Will you go with or against societal norms?

November

Men's & Women's Group: The 3rd group meeting will be held on November 8th from 12:1-1:15pm. Women will meet in Wahl 500a and Men will meet in Wahl 500b to discuss Gender Roles.

December

Men's & Women's Group: On December 6th from 12:15-1:15pm the Men's & Women's Group's will have a wrap up session and end of the semester celebration in Wahl 500a.