

OU Student Affairs | STUDENT SPD | PROFESSIONAL DEVELOPMENT

Presented by Career Services, Center for Student Activities and OU Rec Well

Leadership ExplORations:

Collaborating & Working with

Different Generations in the Workplace and Beyond

Monday, February 13, 2017

Lake Superior A, Oakland Center

Register at:

orgsync.com/40318/events/1499193/occurrences/3410682

Quicken Loans®

Engineered to Amaze®

3 - 3:50 p.m.

Women's Panel

Monday, March 13, 2017

Lake Superior A, Oakland Center

Register at

orgsync.com/40318/events/1499195/occurrences/3410684

3 - 3:50 p.m.

Fit For Success

Friday, March 10, 2017

Studio 919, OU Recreation Center

Register at

orgsync.com/40318/events/1499199/occurrences/3447419

4 - 5 p.m.

Career Branding

The Campus Leader's Guide to Launching a Career

Wednesday, February 8, 2017 12 - 12:50 p.m.

Lake Superior A, Oakland Center

Register at

orgsync.com/74711/events/1514119/occurrences/3449445

The Campus Leader's Guide to Building a Resume

Tuesday, February 28, 2017

Lake Superior A, Oakland Center

Register at

orgsync.com/74711/events/1514122/occurrences/3449449

12 - 12:50 p.m.

Live Well, Be Well:

Wellness in the House Series: New Year, New You

Wednesday, January 11, 2017 7 - 7:50 p.m.

Vandenberg Glass Rooms

Register at

orgsync.com/74711/events/1727356/occurrences/4010250

Getting Back in the Groove

Wednesday, January 18, 2017 2 - 2:50 p.m.

David E. Herman Room, Recreation Center

Register at

orgsync.com/74711/events/1727366/occurrences/4010309

Mental Health First Aid

Friday, February 3, 2017

David E. Herman Room, Recreation Center

Register at

orgsync.com/74711/events/1727385/occurrences/4010604

8:30 a.m. - 5 p.m.

Gratitude Workshop

Thursday, February 9, 2017

David E. Herman Room, Recreation Center

Register at

orgsync.com/74711/events/1727585/occurrences/4011197

2 - 2:50 p.m.

Wellness in the House Series: Battle of the Sexes: Relationships, Sex & Chocolate

Monday, February 13, 2017

Vandenberg Glass Rooms

Register at

orgsync.com/74711/events/1727587/occurrences/4011199

7 - 7:50 p.m.

National Eating Disorder Awareness Week: Mirror Image

Thursday, March 2, 2017

David E. Herman Room, Recreation Center

Register at

orgsync.com/74711/events/1727589/occurrences/4011201

10 - 10:50 a.m.

Eat This, Not That: OU Edition

Presented by: Kelsey Zuchowicz with University

Recreation and Well-Being

Thursday, March 2, 2017

Lake Superior A, Oakland Center

Register at

orgsync.com/74711/events/1509582/occurrences/3439478

12 - 12:50 p.m.

Nutrition Debunked

Wednesday, March 15, 2017

David E. Herman Room, Recreation Center

Register at

orgsync.com/74711/events/1727703/occurrences/4011406

2 - 2:50 p.m.

Youth Mental Health First Aid

Friday, March 17, 2017

David E. Herman Room, Recreation Center

Register at

orgsync.com/74711/events/1727711/occurrences/4011415

8:30 a.m. - 5 p.m.

Wellness in the House Series:

Munch into Mindfulness

Tuesday, March 21, 2017

Vandenberg Glass Room

Register at

orgsync.com/74711/events/1727713/occurrences/4011417

7 - 7:50 p.m.

Wellness in the House Series:

Sit Smart, Study Smart

Thursday, April 6, 2017

Vandenberg Glass Room

Register at

orgsync.com/74711/events/1727718/occurrences/4011422

7 - 7:50 p.m.

Laugh Your Stress Away

Thursday, April 13, 2017

Register at

orgsync.com/74711/events/1727724/occurrences/4011429

10 - 10:50 a.m.

For more information or questions, contact Marie VanBuskirk at taylor4@oakland.edu