### FEB

- **Relax with Bax**
  - Tues, Feb 6 • 11am-2pm
  - @ ASU Courtyard
  - Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.

- **Your Life Is Now: Intro to Mindfulness**
  - Tues, Feb 13 • 12:30-1:20pm
  - @ ASU Commuter Resource Center
  - Stuck in the past? Worry about the future? Join us for an intro on how to be more present.

- **Managing Stress: How to COPE**
  - Wed, Feb 21 • 2-2:50pm
  - @ ASU Center for Intercultural Relations
  - Check out this mini-COPE workshop to learn healthy and effective strategies for managing stress.

- **Intersectional Self-Care**
  - Tues, Feb 27 • 12:30-1:20pm
  - @ Women’s Resource Center
  - Self-care tips aren’t universal. Discover ways to manage life in the context of your complex, multifaceted, and intersectional experiences.

### MAR

- **What Happens Next?**
  - Wed, Mar 7 • 2-3pm
  - @ Career Services
  - Freaking out about your future and what comes next after college?! Join us to plan for your future and learn strategies on how to prepare for life after SDSU.

- **#RelationshipGoals**
  - Thurs, Mar 15 • 2-2:50pm
  - @ ASU Glazer Ctr for Leadership & Service (2nd Floor)
  - Discover what is important to you in your relationships, and learn strategies to make them work.

- **Test Anxiety: Taming the Terrible Tests**
  - Thurs, Mar 22 • 12:30-1:20pm
  - @ Love Library 430
  - Do tests freak you out? Does your mind go blank? Join us and learn to take down that test anxiety!

### APR / MAY

- **The Secret Life of an Introverted Aztec**
  - Mon, Apr 2 • 6:30-7:30pm
  - @ South Campus Plaza, North Tower 218
  - In collaboration with Residential Education, join us for a conversation on how to nurture your introverted side.

- **Balancing Roles & Self-Care**
  - Tues, Apr 10 • 5-6pm
  - @ Granada Apartments
  - Wearing different hats isn’t easy. Explore the roles you fulfill and discuss self-care skills to help you manage them more effectively.

- **Managing Stress: How to COPE**
  - Wed, Apr 18 • 5-6pm
  - @ Villa Alvarado Apartments
  - Check out this mini-COPE workshop to learn healthy and effective strategies for managing stress.

- **Test Anxiety: Taming the Terrible Tests**
  - Thurs, Apr 26 • 12:30-1:20pm
  - @ Pride Center
  - Do tests freak you out? Does your mind go blank? Join us and learn to take down that test anxiety!

- **Relax with Bax**
  - Thurs, May 3 • 11am-2pm
  - @ ASU Courtyard
  - Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.