



Live Well. Live Healthy

WellthyU

Celebrating wellness for a healthy you.

"Growth Session for Frosh"

VENUE : AGUADO & CABEZAS VIEWING ROOM

"SELF
MANAGEMENT"

OCT. 26, 2018

"BUILDING
RESILIENCY &
OPTIMISM

NOV. 16, 2018

"OVERCOMING
DESTRUCTIVE
HABITS"

NOV. 28, 2018

* Please see your respective Guidance Counselor for further details *



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VENUE : AGUADO & CABEZAS VIEWING ROOM

"RISKY
BEHAVIOR"

DEC. 7, 2018
JAN. 30, 2019

"RESPONSIBLE
RELATIONSHIP"

FEB. 13, 2019

"CAREER
EXPLORATION"

MAR. 15, 2019

* Please see your respective Guidance Counselor for further details *



**"SELF
MANAGEMENT"**
OCT. 26, 2018

TIME	COLLEGE	COURSE, YR. SEC.	ROOM
8:00 a.m. 9:30 a.m.	CBAA	BOM 11 BOM12	Aguado Viewing Rm.
10:00 AM- 11:30 a.m.		BOM 13 BSA11	
1:00 PM - 2:30 p.m.		BSA12 BSA 13	
3:00 PM - 4:30 p.m.		BSA14 BSA15	
4:30 PM - 6:00 p.m.		BSA16/17	

8:00 a.m. 9:30 a.m.	CTHM	HRM 11 HRM12	Cabezas Viewing Rm.
10:00 AM- 11:30 a.m.		HRM13 BTM11	
1:00 PM - 2:30 p.m.		BTM 12 BTM13	
3:00 PM - 4:30 p.m.		BTM 13 APM	
4:30 PM - 6:00 p.m.	CSCS	BCS 11 BCS 12	





**"BUILDING
RESILIENCY &
OPTIMISM"
NOV. 16, 2018**

TIME	COLLEGE	COURSE, YR. SEC.	ROOM
8:00 a.m. 9:30 a.m.	CLAC	BSY 11 BSY12	Aguado Viewing Rm.
10:00 AM- 11:30 a.m.		PSY 11 PSY12	
1:00 PM - 2:30 p.m.		PSY 11 COM 11	
3:00 PM - 4:30 p.m.		COM12 COM 13	
4:30 PM - 6:00 p.m.		DES 11 JOU 11	

8:00 a.m. 9:30 a.m.		PSC 11 BIT 11	Cabezas Viewing Rm.
10:00 AM- 11:30 a.m.	CSCS	BIT 12 BIT 13	
1:00 PM - 2:30 p.m.		BIT 14 HUB 11	
3:00 PM - 4:30 p.m.		HUB12 MEB 11	
4:30 PM - 6:00 p.m.		MEB 12 MEB 13	





**"OVERCOMING
DESTRUCTIVE
HABITS"
NOV. 28, 2018**

TIME	COLLEGE	COURSE, YR. SEC.	ROOM
8:00 a.m. 9:30 a.m.	CEAT	ARC11 ARC12	Aguado Viewing Rm.
10:00 AM- 11:30 a.m.		ARC13 ARC 14	
1:00 PM - 2:30 p.m.		ARC 14 ARC 15	
3:00 PM - 4:30 p.m.		ARC 16 CPE 11	
4:30 PM - 6:00 p.m.		CPE 12 CEE 11	

8:00 a.m. 9:30 a.m.		CEE 12 CEE 13	Cabezas Viewing Rm.
10:00 AM- 11:30 a.m.		CEE 14 ECE 11	
1:00 PM - 2:30 p.m.		ECE 12 EE 11	
3:00 PM - 4:30 p.m.		ESE 11 IEE 11	
4:30 PM - 6:00 p.m.		IEE 12 MEE 11	





**"RISKY
BEHAVIOR"
JAN. 30, 2019**

TIME	COLLEGE	COURSE, YR. SEC.	ROOM
8:00 a.m. 9:30 a.m.		MEE 12 MMA 11	Aguado Viewing Rm.
10:00 AM- 11:30 a.m.		MMA 12 MMA 13	
1:00 PM - 2:30 p.m.		MMA 14 MMA 15	
3:00 PM - 4:30 p.m.		MMA 16 CRIM	
4:30 PM - 6:00 p.m.	COED	COED	

8:00 a.m. 9:30 a.m.	CTHM	HRM 11 HRM12	Cabezas Viewing Rm.
10:00 AM- 11:30 a.m.		HRM13 BTM11	
1:00 PM - 2:30 p.m.		BTM 12 BTM13	
3:00 PM - 4:30 p.m.		BTM 13 APM	
4:30 PM - 6:00 p.m.		BCS 11 BCS 12	





**"RESPONSIBLE
RELATIONSHIP"**

FEB. 13, 2019

TIME	COLLEGE	COURSE, YR. SEC.	ROOM
8:00 a.m. 9:30 a.m.	CBAA	BSM 11 BSM12	Aguado Viewing Rm.
10:00 AM- 11:30 a.m.		ENR11 ENR12	
1:00 PM - 2:30 p.m.		HRD 11 MKA11	
3:00 PM - 4:30 p.m.		MKA12 MKA 12	
4:30 PM - 6:00 p.m.		OFA11	

8:00 a.m. 9:30 a.m.		BOM 11 BOM12	Cabezas Viewing Rm.
10:00 AM- 11:30 a.m.		BOM 13 BSA11	
1:00 PM - 2:30 p.m.		BSA12 BSA 13	
3:00 PM - 4:30 p.m.		BSA14 BSA15	
4:30 PM - 6:00 p.m.		BSA16/17	





**"CAREER
EXPLORATION"**

MAR 15, 2019

TIME	COLLEGE	COURSE, YR. SEC.	ROOM
8:00 a.m. 9:30 a.m.	CEAT	ARC11 ARC12	Aguado Viewing Rm.
10:00 AM- 11:30 a.m.		ARC13 ARC14	
1:00 PM - 2:30 p.m.		ARC 14 ARC 15	
3:00 PM - 4:30 p.m.		ARC 16 CPE 11	
4:30 PM - 6:00 p.m.		CPE 12 CEE 11	

8:00 a.m. 9:30 a.m.		CEE 12 CEE 13	Cabezas Viewing Rm.
10:00 AM- 11:30 a.m.		CEE 14 ECE 11	
1:00 PM - 2:30 p.m.		ECE 12 EE 11	
3:00 PM - 4:30 p.m.		ESE 11 IEE 11	
4:30 PM - 6:00 p.m.		IEE 12 MEE 11	

