

The student members of APPLE Corps and the staff members of Student Health Services and the Counseling & Testing Center encourage you to get out of class this year and take advantage of the many campus opportunities not connected with your academic schedule.

If you become a student who only attends class and immediately goes home or to your room, you will miss out on the majority of learning that takes place in college.

For more information about any of the listed programs *please contact:*

*Counseling & Testing Center at
521-6202*
or
*Student Health Services at
521-6219*

Counseling & Testing Center
UC 243

Student Health Services

Apple Corps

Phone: 910-521-6202

Fax: 910-521-6786

www.uncp.edu/ct

[Facebook.com/UNCPcounseling](https://www.facebook.com/UNCPcounseling)

UNC Pembroke

Treat Yourself Well Fall 2009



Learning Beyond the Classroom

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Health & Wellness Screenings

HIV Screenings

9am - 11am

Student Health Services

September 2

September 23

October 7

October 21

November 4

November 18

December 2 -
results only

Blood Pressure Screenings

10am - 11am UC Mall

August 26

September 30

October 28

December 12

Wellness Screenings

10am - 2pm

UC Mall

Coping Skills

August 26 & 27

Sexual

Responsibility

September 9 & 10

Healthy

Relationships

September 23 &
24

Depression

October 7 & 8

Alcohol

October 21 & 22

Social Skills

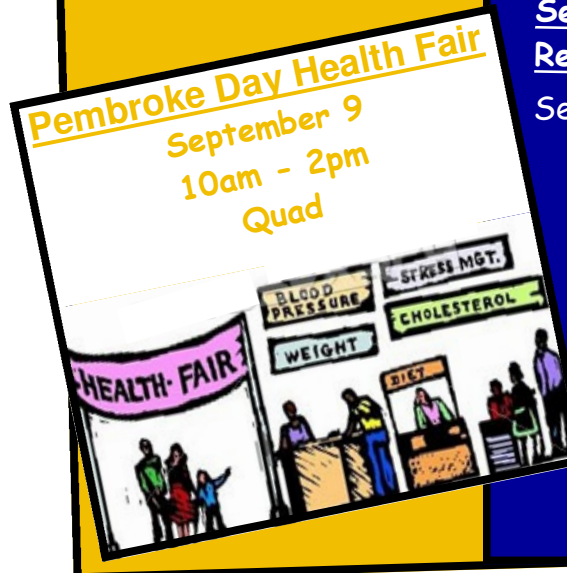
November 4 & 5

Tobacco

November 18 & 19

Eating Disorders

December 2 & 3



Workshops and Programs



Family Planning Classes
10am - 11am
Student Health Services

August 26
September 2, 16 & 30
October 7 & 21
November 4 & 18

September 23
9am - 3pm
UC Mall

World AIDS Day Events

November 30
Information Table
10am - 1pm
UC Lounge

December 1
Movie Night
"Girl Positive"
8pm
Pine Hall

December 2
World AIDS Walk/Vigil
9pm
Water Feature

Academic Success Skills

Tuesdays at 3:30pm in UC 221

September 15
Discover YOUR Learning Style (s)

September 22
What's YOUR AQ (academic quotient)?

September 29
Academic Motivation & Overcoming Procrastination

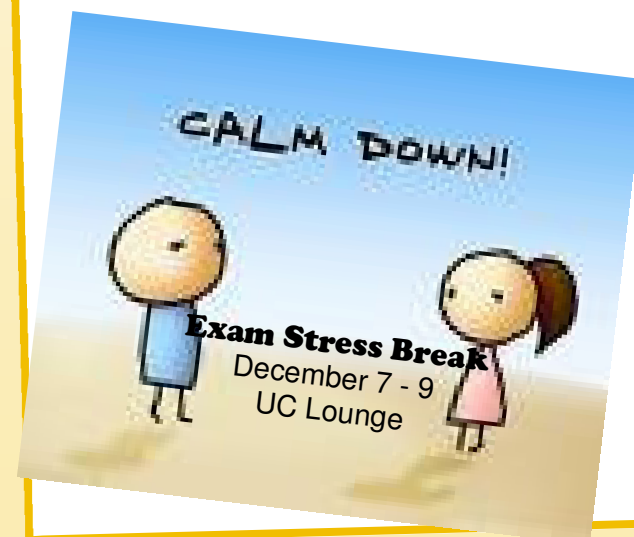
October 6
Scheduling & Time Management

October 13
Note Taking & Study Strategies

October 20
Exam Preparation

October 27
Exam Strategies

November 3
Overcoming Performance & Test Anxiety



Out Late

Tuesdays at 9pm

August 25
Learn to Drink
Do you now the meaning of 0-1-2-3?

September 1
Sex in the Lounge
It's fast. It's fun. It's something you haven't seen before...

September 15
I have to do What?? When?!?
Time management

September 22
Free at Last!
The perks and pitfalls of independence no one told you about

October 6
Wellness Basics
Develop your own personal wellness plan using the 6 dimensions of wellness

October 20
First Annual Intoxicated Olympics (using beer goggles... not beer!)

November 10
Tobacco Scavenger Hunt
Sponsored by Apple Corps



Personal Development Series

Mondays at 3:30pm in UC 221

September 14
Diagnosis: Homesickness
Feeling sad, anxious, lonely? Come learn all about homesickness and how to adjust to being away from home.

September 28
Listening to Your Body
See how biofeedback gives you a tool to reduce your stress

October 12
Healthy Relationships
What are the basics of a healthy relationship? Come find out and see where you are.

October 26
How to Make Stress Work for You
Learn about the different types of stress and how to manage them.

November 9
Becoming Tobacco Free
Start developing the tools you need to stop using tobacco and formulate a plan to stay stopped.

November 23
Home for the Holidays - now what?
Worried about the transition back home? Learn some strategies to make your visit easier.