



SCRIPPS COLLEGE

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SCRIPPS STRONG: A series on supporting community, connection, and care

YOUR RETURN TO CAMPUS DURING A PANDEMIC COMES WITH EXTRA SUPPORT

We're bringing you a 5-part series to help you transition, connect and succeed this Fall semester. Come to one or all but register today!

DATES:

September 9th
September 30th
October 21st
November 18th
December 2nd

TOPICS:

1. Transitioning back to campus 101
2. Adjusting to social environments
3. Self-care for successful students
4. Stress management: Do's and Don'ts
5. Mastering your breaks: Travel, Family, Holidays, Relaxation & more

Sponsored By: Office of Case Management

ARC Counseling and Wellness will facilitate these dynamic and helpful groups in person or online depending on health and safety recommendations.

Contact the Scripps Office of Case Management for more information.



Counseling & Wellness

www.arccounselingandwellness.com * 866 - 200 - 9090