

THE BUZZ: Academic Success Weekly Newsletter



Spring Semester: Week 8 Issue

Highlights from this issue:

- **Shout Outs:** Jon Armajani, Kelly Kraemer, Kyhl Lyndgaard, Laura Sinville and Tony Yan
- **Events:** JFS (3/11), LLAS Speaker (3/11), Talking Teaching (3/18), CTL & HHMI Workshop (3/19) and Jay Phillips Speaker (3/20)
- **Updates:** Provost, Faculty Publications, Research & Grants and Volunteer Opportunity

Office of the Provost

An email was sent by Provost@csbsju.edu on 2/28 announcing the Council on Undergraduate Research has named the College of Saint Benedict and Saint John's University a 2023 awardee of the [Award for Undergraduate Research Accomplishments](#) (AURA). This national award recognizes institutions with exemplary programs that provide high-quality research experiences for undergraduates. Congratulations to the numerous students and faculty mentors who have helped create an incredible scholar community at CSB and SJU, along with Lindsey Gunnerson Gutsch (OURS)!

We look forward to celebrating our excellence in undergraduate research at **Celebrating Scholarship & Creativity Day** on April 25th. We hope to see you there! More information is available [here](#).

NEW ISSUE: Journal of Social Encounters

The Journal of Social Encounters (Volume 8, Issue 1), just published "*The Environment: Issues in Justice, Conflict and Peacebuilding*." Special shout outs to **Jon Armajani** (Peace Studies/Theology), **Kelly Kraemer** (Peace Studies), **Kyhl Lyndgaard** (Environmental Science) and **Laura Sinville** (Psychology) for their contributions to this issue! Check out the issue in the Digital Commons by clicking [here](#).

Save the Date: Academic Affairs Awards Reception

The annual Academic Affairs Awards reception and program will be held on **May 6th, CSB Gorecki 204**: 3:00 p.m. social and 3:30 p.m. ceremony. An RSVP will be sent in early April.

Research & Grants Office

A shout out to **Tony Yan** in Global Business, who with co-author Michael Hyman, has published his research, "Marketing via Shangbangs (Chinese business networks)" in the *Journal of Historical Research in Marketing* (B journal per ABDC list). This study, as the first project of the trilogy of informal business organizations, examines how certain informal and transitory business networks successfully smoothed marketing in socially uncertain markets. The pre-print copy is available in [Digital Commons](#).

Shout Outs

Want to Shout Out your own achievements or raise up one of our colleagues? Tell us about a new publication or book, an award or recognition, the launch or culmination of a project, and/or other accomplishments that your colleagues should know about. Click here to [Submit a Shout Out](#).

Center for Teaching & Learning & HHMI Grant

Spring 2024 Book Group

This semester's CTL & HHMI book group will be on [Mind over Monsters: Supporting Youth Mental Health with Compassionate Challenge](#) by Sarah Rose Cavanagh. The book group will meet from 4:30-5:30 p.m. on March 13 and March 27, CSB Main 107 Fireside. Free books available for the first 10 participants! [Sign up here!](#)

Upcoming Events

TODAY: Joint Faculty Senate meeting

4:30 p.m., Tuesday, March 12th, CSB Gorecki 204 and Zoom

Zoom link: <https://csbsju.zoom.us/j/8852413992>

TODAY: "[Le Charme discret de la bourgeoisie](#)" (Louis Buñuel, 1972), part of the 2023-2024 Tournées Film Festival

6:30 p.m., Tuesday, March 12th, CSB Gorecki 204

Moderator: Christina Hennessy, Hispanic Studies

All screening events are AR-approved for students. Find more information [here](#).

TODAY: LLAS Spring 2024 Series: Nature for New Minnesotans

7:00 p.m., Tuesday, March 12th, SJU Quad 264

Lucas Rapisarda, PhD student at University of Minnesota, presents "*Nature for New Minnesotans: Connecting adult English language learners to the outdoors through place-based natural history.*" He focuses on removing constraints of access to Minnesota's natural spaces and encourages conversations about increasing equity in the outdoors. All are welcome! Click [here](#) for more information.

The Forum: Sisters in Science

3:00 p.m. – 4:00 p.m., Thursday, March 14th, CSB Gorecki President's Dining Room

Sponsored by Research & Grants Office

Presenter: Diana Fenton

In 1913, the community of Benedictine women in St. Joseph, MN, founded the College of Saint Benedict. This presentation will share the story of some of the sisters who taught science. The sisters had multiple roles throughout the year, teaching lay students, teaching sisters, and taking classes in the summer. From 1913 to 2023, over forty sisters at St. Benedict's Monastery obtained degrees in the sciences (biology, chemistry, and physics). The sisters navigated a religious life along with teaching science. The digital exhibit that was created will be shared.

Free Reception and Performance: *A Unique Assignment*

7:30 p.m., Saturday, March 16, History Theatre St. Paul

Transportation available from SJU at 3:45 p.m. and CSB at 4:10 p.m.

Sponsors: McCarthy Center, Tegeuder-Berg Society, CSB Alumnae Relations & SJU Alumni Relations

You are invited to the opening night reception and performance of the play, *A Unique Assignment* written by SJU alumnus, Henry Gallagher '61, about his assignment as the officer-in-charge of security detail for James Meredith, the first African-American admitted to the University of Mississippi in 1962. This is a **free** Race/Ethnicity event. Register [here](#).

Talking Teaching: *Can We Teach Students to be Creative?*

12:00 p.m. – 1:00 p.m., Monday, March 18th, SJU Alcuin 378

Sponsored by Research & Grants Office and the Center for Teaching & Learning

Presenter: Paul Marsnik

This session will explore ways to help students become more curious. It will also demonstrate some techniques to introduce and practice lateral thinking. Finally, it will explore ways to help students get out of their comfort zone and embrace ambiguity.

The Twin Sins of Islamophobia & Antisemitism

4:30 p.m., Wednesday, March 20th, SJU Quad 264

Sponsored by the Jay Phillips Center

Presenter: Rita George-Tvrtković, Benedictine University

In this presentation, Dr. Rita George-Tvrtković will draw on her historical scholarship and her contemporary work in Christian-Muslim relations in post 9/11 America. She will also discuss how in recent years she has felt compelled to address antisemitism due to escalating hate crimes against Jews in the United States. Find more information [here](#).

"[Retour à Seoul](#)" (Alice Winocour, 2022), part of the 2023-24 Tournées Film Festival

6:30 p.m., Wednesday, March 20th, CSB Gorecki 204

Moderator: Ellie Perelman, History

All screening events are AR-approved for students. Find more information [here](#).

Diversity | Inclusion | Equity | Justice | Belong Opportunities

Luncheon Discussion: *Neurodivergent Learners & Universal Design for Learning*

12:00 – 1:00 p.m., Tuesday, March 19th, CSB Gorecki PDR (Presidents Dining Room)

Guest: Dr. Thomas Tobin, University of Wisconsin-Madison

RSVP for the luncheon here: <https://www.csbsju.edu/forms/S92RC2OOY2>

CTL and HHMI Inclusive Pedagogy Workshop Series:

Faculty Development Workshop: *Reach Everyone and Teach Everyone with Universal Design for Learning*

4:15 – 5:45 p.m., Tuesday, March 19th, SJU Quad 264

Sponsored by Center for Teaching and Learning and the HHMI Grant team

Presenter: Dr. Thomas Tobin, University of Wisconsin-Madison

Dr. Thomas Tobin will offer an **interactive workshop** for faculty and staff on **Universal Design for Learning (UDL) and accessibility**. Dr. Tobin is a founding member of the [University of Wisconsin–Madison Center for Teaching, Learning & Mentoring](#), and an internationally recognized scholar, author, and speaker on accessibility and UDL. In this session, you'll discover the “step zero” that makes all of our teaching efforts possible: access. Through the UDL framework, participants will learn concrete steps that help to lower barriers, anxiety, and stress for their students and for themselves.

Beginner Safer Space Workshop

11:00 a.m. – 12:30 p.m., Wednesday, March 20th, SJU Alcuin Library Room 125

Presenters: Sarah Gewirtz (Student Engagement Librarian) and Jake Jantzer (Sociology)

Sarah Gewirtz (she/her/hers) and Jake Jantzer will host a Beginner Safer Space Workshop that will begin with the basics (why Safer Spaces are important, vocabulary, pronouns and well as some scenarios). If you attended the previous version of this, “Safe Space Training,” you will not need to attend unless you would like a review. If you have any questions, please feel free to reach out to Sarah Gewirtz (sgewirtz@csbsju.edu). After signing up for the workshop, a link to a questionnaire will be sent, and you will be added to the Safer Space Workshop Canvas page. **Sign up [here](#).**

If you were unable to attend the Council of Independent Colleges’s webinar, “**Connections Are Everything: Fostering Campus Cultures of Learning, Belonging, and Thriving**,” you can watch it [here](#). This was presented through their Belong: It Takes a Village Series.

Experience HUB

Experience & Professional Development (XPD)

Advising Resources

Advising season is in full swing! XPD has two key resources to support faculty advisors as they respond to professional development questions. A one page snapshot guide, in the attached packet, outlining key services and resources, including:

1. **Handshake.** Learn how you can use Handshake during advising conversations through a short, tutorial video by clicking [here](#).
2. **The Experience Hub Canvas Course.** Find interactive modules to help you, and your students, answer professional development questions. Click [here](#) to access course.

Student Employment Opportunities in The Hub

The Hub has two opportunities for student employment. Please see the job descriptions in the attached packet. **The deadline to apply is Friday, March 15th at 11:59 p.m.** Please encourage your students to apply with the links below:

- [Hub Ambassador Application](#)
- [Summer 2024 Project Specialist Application](#)

Call for Student Nominations

Nominate an Orientation Leader and/or Peer Mentor today!

First Year Experience and the Center for Student Leadership & Engagement invite you to nominate students to serve as Orientation Leaders and Peer Mentors during New Student Orientation this fall. **Please use the link [here](#) to nominate students** whom you feel represent the best of what CSB and SJU have to offer and would effectively welcome new and transfer students into our community. Thank you for your participation in this important process!

Call for Award Nominations

Outstanding Academic Advisor of the Year Award: This award has been established to recognize outstanding performance in advising. Faculty and professional advisors are eligible for this award. An email was sent by AcademicAdvising@csbsju.edu on 3/5 with the goals and criteria. Nominations are due by **4:30 p.m. on April 5th, 2024:** [Outstanding Academic Advisor of the Year Award](#)

Please note following advisors who have won this award within the past three years are **not** eligible for this award:

- 2022-2023: Theresa Johnson (Education) and Sharon Wenner (Academic Advising)
- 2021-2022: Carin Braun (Nursing) and Robert Campbell III (Mathematics)
- 2020-2021: Boz Bostrom (Accounting) and Jodi Berndt (Nursing)

Jennifer Galovich Service Award: This award recognizes outstanding faculty service to CSB and SJU. Nominations are due by **6:00 p.m. on March 18th, 2024:** [Jennifer Galovich Service Award Nomination Form](#)

Drop-In Wellness Workshops

Calling all Faculty: Please help promote the *Drop-In Wellness Workshops* via the Counseling Center on campus. These workshops happen every other Tuesday at 1:00 p.m. A flyer is included in the attached packet and can be shared with specific students, your entire class and posted around your department. Let's get the word out! If you want more information or have questions, please contact [Maggie Westaby](#), Well-Being Center Counselor, or [Amanda Jantzer](#), Psychology.

On-Campus Volunteer Opportunity: Kids Fighting Hunger

The SJU Student-Athlete Advisory Committee (SAAC) is partnering with [Kids Fighting Hunger](#) for a meal-packing event on Sunday, March 17, in Guild Hall (Old Gym). Please join them!

There will be two sessions of 1.5 hours each to volunteer for: 10-11:30 a.m. and 12-1:30 p.m. SAAC's goal is to pack around 100,000 meals! Last year, over 300 student-athletes at \$10 per person contributed over \$3,000. SJU Residential Life, SJU Campus Ministry, and some CSB athletes have offered support in the past. In addition, the SJU Senate has pledged \$4,500 and the Granite Rotary Club has pledged \$2,500. Some have joined in recent years.

We will start each session with a brief presentation by KFH, then an opening prayer. We would invite all faculty and staff and their families to join with our students and pack meals. **We ask for a \$10 donation to KFH to offset the cost of the ingredients.**

Please come join our students in what has become a Lenten tradition, an annual service project to feed the hungry. In the 8 years of the SAAC-KFH partnership, our students have packed over half a million meals! To reserve a spot or if you have any questions, email [Colby Kern](#).

Instructional Technology

Help us plan **Instructional Technology Day!** We're planning a day of professional development on May 13th and are looking for input on sessions and topics. Please complete this form to help us build the agenda: <https://www.csbsju.edu/forms/PAW0S464XK>

ABCU's Benedictine Pedagogy Conference

Call for proposals: The Benedictine Pedagogy Conference will be hosted by CSB June 24 – 26. BPC is making a call for papers on the integration of the Benedictine perspective into the collegiate life of students, faculty, and staff. For more information and questions, click [here](#) or contact host facilitator [Daniella Zsupan-Jerome](#). **The deadline for proposals is Friday, March 22.**

Buzz on Campus

Click [here](#) to check out the latest episode of **Johnnie Bennie Campus News**.

The next **"Building" Community** hosted by Benedictine Institute will be 9:00–10:45 a.m., **Friday, March 15th**, CSB Main Building.

Saint Ben's @ Home

7:00 p.m., Monday, March 25th, Zoom

Moderated by Heather Piper-Olson, VP of CSB Institutional Advancement

Join for a dynamic conversation with **Richard Ice, Provost**, and **Kara Kolomitz, COO**, about the bold strategic plan. They will explore how the plan positions both Saint Ben's and Saint John's for the future as well as charting audacious new paths in the field of higher education. We will also learn about the specific initiatives that are already underway and making an impact on student success, financial and operational excellence and mission-centered practice. [Register today](#). For more information, please contact [Marcia Mahlum](#), CSB Alumnae Relations.

Spring Benedictine Education Program

Next session starts on April 4th. Click [here](#) for more information on the program, registration, dates, times, and locations.

More Information

Do you have information for The Buzz? If you have information you would like included in The Buzz please submit to this link: [The BUZZ information](#)

The Buzz can be found on the Academic Affairs website under related links.
<https://www.csbsju.edu/academic-affairs>

Latino/Latin American Studies

Spring 2024 Series



Monarchs and Migration



Kristina Timmerman

**Tuesday, Feb. 27
6:45 PM
PENGL 373, SJU**

Please join us in PENGL 373 for a short presentation by faculty member Kristina Timmerman (CSB/SJU Biology) on her new collaborative research project on the Monarch butterfly. In April, join Outdoor University students and staff in the The Melancon Greenhouse to seed flowers and grasses for a new pollinator and butterfly garden on the grounds of the new Seton Townhomes.

Nature for New Minnesotans

Connecting adult English language learners to the outdoors through place-based natural history



Lucas Rapisarda

**Tuesday, March 12
7:00 PM
Quad 264, SJU**

'Nature for New Minnesotans' is a University of Minnesota Extension program that seeks to address constraints of access to the outdoors for immigrants by embedding place-based natural history concepts into English language classrooms in the Twin Cities. This presentation will focus on the development of Nature for New Minnesotans, with particular emphasis on how this program attempts to remove constraints of access to Minnesota's natural spaces and encourage conversations about increasing equity in the outdoors for all Minnesotans.

An Evening of Art and Activism with Constanza Carballo

Constanza Carballo

**Thursday, April 11
7:00 PM
Gorecki 204, CSB**



Maria Constanza Carballo is best known for turning acrylic paintings as well as murals into voice pieces that highlight the marginalized. Inspired by her own bicultural and bilingual upbringing as an immigrant in the south Minneapolis Philips community, Maria Constanza began painting murals at the age of 13 and has since been recognized as a statement maker.

Pollinator Garden Planting Ceremony

**Tuesday, Apr. 23
6:00 PM
Seton Townhomes
Courtyard, SJU**

Please join us for a fun and casual planting ceremony for the new Monarch butterfly and pollinator garden in the Seton Townhome courtyard (SJU).

'A Unique Assignment' at the History Theatre

Saturday, March 16, 2024

Opening Night Performance!

Reception: 6:00 –7:15 PM

Play Starts: 7:30 PM

A UNIQUE ASSIGNMENT



You are invited to the opening night **reception and performance** of the play *A Unique Assignment* at the History Theatre in St. Paul on Saturday, March 16.

The play is inspired by the 2012 book, *James Meredith and the Ole Miss Riot: A Soldier's Story*, written by SJU alumnus Henry Gallagher '61 about his assignment as the officer-in-charge of Meredith's security detail at a time when Meredith faced significant threats to his life as the first African-American admitted to the University of Mississippi in 1962.

The pre-performance reception begins at 6 p.m. Appetizers and refreshments will be served. The curtain time for the play is 7:30 p.m.

*Approved Race/Ethnicity Integrations Event

FREE TICKETS AND BUS TRANSPORTATION: [register here](#)

This event is a collaboration between the CSB Alumnae Relations, the SJU Alumni Relations, the Tegeder-Berg Society of the History Department, and The Eugene J. McCarthy Center for Public Policy & Civic Engagement.

FACULTY DEVELOPMENT WORKSHOP

REACH EVERYONE AND TEACH EVERYONE WITH UNIVERSAL DESIGN FOR LEARNING

Dr. Thomas Tobin

TUESDAY, MARCH 19, 2024

4:15-5:45PM | QUAD 264 (SJU)



Providing access to quality higher education is a priority for all of us. In this interactive session, you'll discover the "step zero" that makes all of our teaching efforts possible: access.

When we focus our learning interactions on how our students get access to materials, each other, instructors, support services, and the community, we strengthen their sense of belonging and opportunity as learners. Through the universal design for learning (UDL) framework, you'll learn concrete steps that you can take tomorrow that help to lower barriers, anxiety, and stress—for your students and for you. Come learn how to take some work off your plate as you engage with your students.

Thomas J. Tobin is a founding member of the University of Wisconsin–Madison Center for Teaching, Learning & Mentoring (CTLM), and an internationally recognized scholar, author, and speaker on accessibility and universal design for learning.

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hhmi | Howard Hughes
Medical Institute

The Twin Sins of Islamophobia & Antisemitism

Why Christians Can't Do Dialogue in Isolation



Presented by
Rita George-Tvrtković, Ph.D.
Professor of Theology
Benedictine University

Wednesday, March 20

4:30 - 5:30 PM

Quad 264

Saint John's University



Saint John's
SCHOOL OF THEOLOGY AND SEMINARY
COLLEGEVILLE, MINNESOTA

Jay Phillips Center
FOR INTERFAITH LEARNING
Saint John's University

XPD – EXperience & Professional Development Snapshot



XPD empowers students to connect their aspirations with opportunities and translate their liberal arts education to achieve meaningful personal and professional lives.

We coach students to explore, do, reflect, and connect.

XPD Houses:		
Career Development	Community Engagement	Experience-Based Programs
<ul style="list-style-type: none"> • Exploring Majors & Careers • Interest & Strengths Assessments • Internship & Job Search • Application Tools (resumes, cover letters, & more) • Interviewing Skills • Gaining Experience • Graduate School • LinkedIn • Volunteering after Graduation 	<ul style="list-style-type: none"> • Bonner Leader Program • Community Engaged Learning • Summer Leadership Fellows 	<ul style="list-style-type: none"> • Academic Internship Program • MPR/Gary Eichten Internship • SEAM Program
<p>Please note: this is not a comprehensive list of all XPD services. Students can now schedule virtual appointments with XPD staff through Handshake!</p>		

Highlighted Resources:

- [XPD Canvas Course](#) – students can access professional development resources at any time by going through our step by step modules
- [Four-Year Checklist](#) - select class year for a dropdown list

🔍 First Year

🔍 Sophomore Year

🔍 Junior Year

🔍 Senior Year

- [Experiential Planner](#) – a place to plan, document, and reflect on experiences.
- [Handshake](#) – a job/internship/event platform specifically designed for students and recent graduates. All students have accounts with their CSB/SJU credentials.
- [Graduate Outcomes Searchable Database](#) – this searchable database was created using the responses from a yearly survey of all CSB/SJU graduates to identify their first destination post-graduation. The survey is conducted by XPD and results are compiled during a 12-month period that begins at graduation.

EXPLORE

DO

REFLECT

CONNECT



Saint Ben's Home



Heather Pieper-Olson

Vice President
Institutional Advancement
College of Saint Benedict



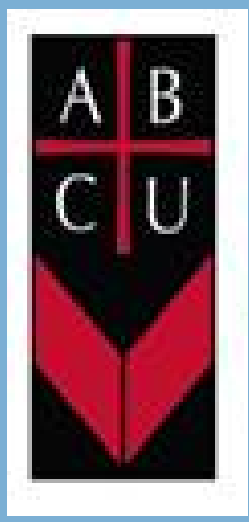
Kara Kolomitz

Chief Operating Officer
College of Saint Benedict and
Saint John's University



Richard Ice

Provost
College of Saint Benedict and
Saint John's University



16TH ANNUAL BENEDICTINE PEDAGOGY CONFERENCE



CALL FOR PRESENTATIONS

JUNE 24-27, 2024

College of Saint Benedict, St. Joseph, MN

Held in 2024 at the College of Saint Benedict, the Benedictine Pedagogy Conference (BPC) invites proposals for conference presentations, centered on Benedictine pedagogy and practices in a higher education setting.

The Benedictine Pedagogy Conference is a conference of the Association of Benedictine Colleges and Universities (ABCUCU). The BPC provides a venue for faculty, student life personnel, staff, and administrators to share ideas and practices by which they have successfully integrated the Benedictine Hallmarks into the classroom, student life and collegiate environment. For context, see the foundational ABCUCU presentation of these Hallmarks here: The Ten Hallmarks of Benedictine Education.

The 2024 Benedictine Pedagogy Conference will meet jointly with the annual ABCUCU meeting. The BPC will hold its own panels while the ABCUCU hosts its Leadership Formation Institute and its annual meeting for monastic superiors and college presidents. All participants will be invited to joint sessions with keynote and guest speakers as well as social and liturgical events during the conference. BPC participants are also welcome to attend concurrent sessions of the Leadership Institute portion of the conference if they choose.

CALL FOR PRESENTATIONS

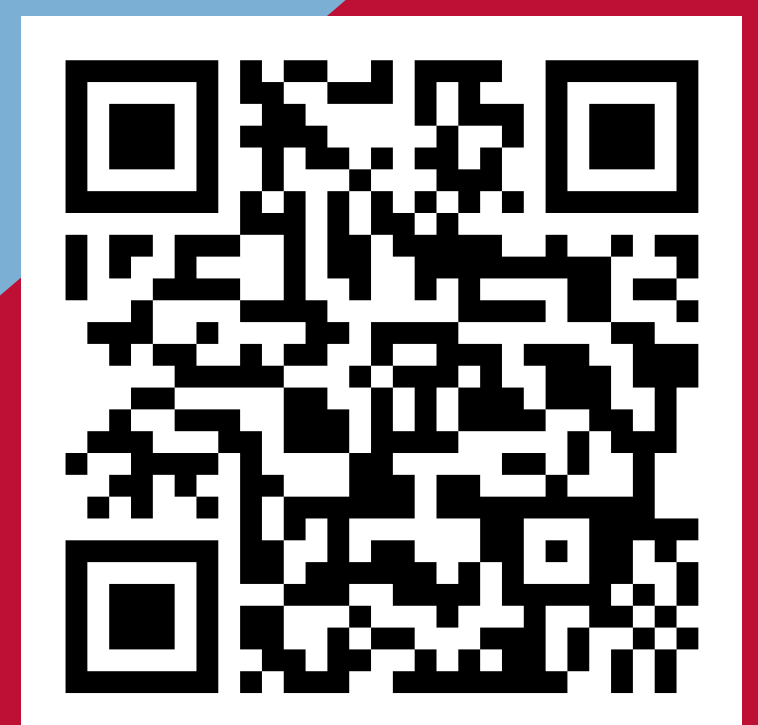
The strongest proposals make explicit connection to the Rule of Benedict, Benedictine pedagogy, and/or the ABCUCU's Ten Hallmarks of Benedictine Education. Individual presentation proposals should include a title and consist of a roughly **350-word abstract**. Please use link to form below to submit a proposal.

The deadline for proposals is **Friday, March 22, 2024**. Those selected to present will be notified by April 1, 2024.

Submit proposals:

<https://www.csbsju.edu/forms/3X8W5G6Q5A>

Or scan here:



Format and Theme of Presentations

Presentations are scheduled in **40-minute time slots**, including discussion or Q&A; each will be paired with one other presentation in a 90-minute session during the conference.

Proposals are welcome from **all academic disciplines**, including applied perspectives in higher education administration.

Possible topics may include but are not limited to:

- Delivering and assessing the integration of the Benedictine Hallmarks within coursework, including teaching, assessment and curriculum planning
- Engaging the Benedictine Hallmarks in academic advising and student support
- Delivering an understanding of the Benedictine Hallmarks in various pedagogical contexts (ie: distance learning, experiential learning, service learning, faculty and staff development)
- Benedictine approaches to current pedagogical research trends in higher education (universal design, inclusive teaching and learning, hybrid pedagogy, etc.)
- Infusing the Hallmarks in athletics, co-curricular and residence life
- Orienting new faculty and staff to the Benedictine tradition and the Hallmarks
- Appealing to an education in wisdom, the “love of learning and the desire for God” amid the overt demands of specialization.
- Exploring the implications of Catholic Social Teaching and its interface with the Benedictine tradition and Hallmarks
- Exploring Benedictine hospitality vis-à-vis institutional commitment to diversity, equity, inclusion and justice
- Engaging the Benedictine Hallmarks (ie: hospitality) for particular populations (international students, LGBTQ+, non-traditional students)
- Engaging Benedictine Hallmarks in alumni relations and community relations
- Exploring Benedictine stability and stewardship vis-à-vis institutional commitment to environmental justice
- Exploring Benedictine practices, liturgy and ritual and its impact on pedagogy

Deadline: March 22, 2024

Questions - contact: Daniella Zsupan-Jerome, Ph.D. dzsupanje001@csbsju.edu



LEARN EASY-TO-USE STRATEGIES AND TOOLS TO IMPROVE YOUR MENTAL HEALTH

~~FEB 13.....CULTIVATING CALM~~

~~Mindfulness and grounding skills~~

~~FEB 27.....COPING 101~~

~~Coping skills and self-care~~

~~MAR 12.....GETTING UNSTUCK~~

~~Study tips and motivation~~

~~MAR 26.....YOUR GUIDE TO GRATITUDE~~

~~Gratitude practices and journaling~~

~~APR 9.....KEEP IT SOCIAL~~

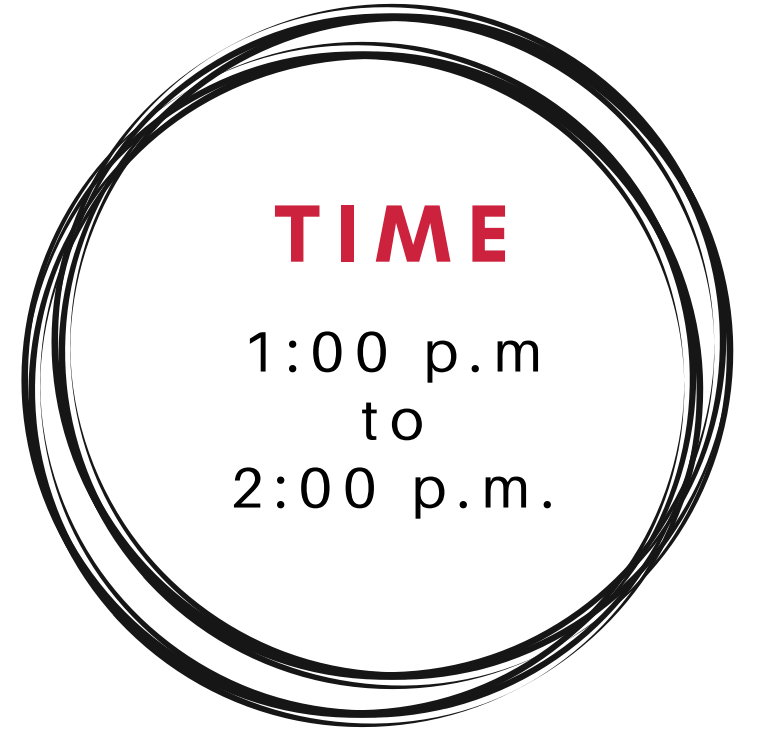
~~Social skills and making connections~~

~~APR 23.....MANAGING MOODS~~

~~Emotional awareness and regulation~~

~~MAY 6.....CHILL OUT~~

~~De-stress and relax~~



Drop-in style workshops, attend as few or as many as you'd like, no sign-up needed.

QUESTIONS? Contact Maggie Westaby, M.S., Counselor @ mwestaby001@csbsju.edu
Counseling, CSB/SJU Well-Being Center (320) 363-3236