

FALL

2025

WORKSHOPS

MIND.BALANCE.SUCCESS

3:30P

4:30P

**OCT
13**

THRIVING IN TRANSITION

Find your fit. Build your crew. Thrive at ISU

TIME ON YOUR SIDE

**NOV
03**

Hack your schedule. Take back your time.

**DEC
01**

STRESS LESS WITH VR

Chill out. Recharge. Stress less.

HOSTED BY:
ISU OT PROGRAM &
STUDENT COUNSELING CENTER
2nd Floor of Gillum Hall

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**INDIANA STATE
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STUDENT COUNSELING CENTER

