Student Support Seminar Series
Dr. Chris Dula will hold several seminars to help students with various college-related issues.

All are FREE & OPEN TO THE PUBLIC.
Held in rotation on various Wednesdays in Rogers-Stout Auditorium, Room 102, on ETSU’s Main Campus!

How To Study Effectively (1 hour, counts for Psych Speaker Series, for Psych majors)
Addresses a variety of issues, including: efficient processing of book-based information, note taking, classroom behavior, massed and distributed practice, time management, and, test-taking strategies. 1/27 @ 3:45, 2/10 @ 5:00, 2/24 @ 5:45, 3/16 @ 4:30, 3/30 @ 3:45, 4/13 @ 5:00

Anxiety/Stress Management (1 hour, counts for Psych Speaker Series, for Psych majors)
This talk applies to many aspects of life, including test anxiety, panic attacks, performance anxiety (e.g., public speaking, sports, arts/music), chronic stress, anger management, and health difficulties (e.g., high blood pressure, asthma, COPD). Those in healthcare can use this to help their patients. Includes information on: anatomy/physiology, nervous system/adrenaline response, classical/operant conditioning, cognitive/emotional/behavioral perspectives, and research-supported techniques to manage anxiety/stress/anger. 1/27 @ 5:00 PM, 2/10 @ 3:45 PM, 2/24 @ 4:30 PM, 3/16 @ 5:45 PM, 3/30 @ 5:00 PM, 4/13 @ 3:45 PM

Why Do Career Planning NOW? (1/2 hour, does NOT for Psych Speaker Series)
Where will college lead? That depends on whether you have an idea as to where you are heading! This talk addresses why everyone in college at all levels should be looking ahead and actively planning and managing a strategy to lead to a fulfilling/successful career, and how to develop a strategy to achieve career goals. 1/27 @ 6:15 PM, 2/10 @ 6:15 PM, 2/24 @ 3:45 PM, 3/16 @ 3:45 PM, 3/30 @ 6:15 PM, 4/13 @ 6:15 PM

ETSU Students/Alumni are encouraged to follow-up after "Why Do Career Planning NOW?" by visiting University Career Services
D. P. Culp University Center in the ARC (Second Level) | Hours: 8AM – 4:30PM (M – F) | www.etsu.edu/careers | 423-439-4450 | careers@etsu.edu