

Instructions for Completing the CHOICES program with the ETSU Counseling Center

- 1. Complete all instructions for the eCHECKUP TO GO online program**
- 2. Contact the Counseling Center and register to attend one of the following CHOICES programs (at least 1 day in advance to either 423-439-4841 or via email ccoutreach@etsu.edu)**
- 3. Attend the CHOICES program and take along all the necessary items from your eCHECKUP TO Go program**

2012-2013 CHOICES program days and times (contact the counseling center for other arrangements):

<u>Date</u>	<u>Time</u>	<u>Location</u>
Friday, September 28, 2012	1:00 p.m.-3:00 p.m.	D.P. Culp University Center, 3 rd Floor, Dining Room #3
Friday, October 26, 2012	1:00 p.m.-3:00 p.m.	D.P. Culp University Center, 3 rd Floor, Dining Room #3
Friday, December 7, 2012	1:00 p.m.-3:00 p.m.	D.P. Culp University Center, 3 rd Floor, Dining Room #3
Friday, January 25, 2013	1:00 p.m.-3:00 p.m.	D.P. Culp University Center, 3 rd Floor, Dining Room #3
Friday, February 22, 2013	1:00 p.m.-3:00 p.m.	D.P. Culp University Center, 3 rd Floor, Dining Room #3
Friday, Friday, March 29, 2013	1:00 p.m.-3:00 p.m.	D.P. Culp University Center, 3 rd Floor, Dining Room #3
Friday, Friday, May 3, 2013	1:00 p.m.-3:00 p.m.	D.P. Culp University Center, 3 rd Floor, Dining Room #3