		Mon	Tues	Wed		Thurs	Fri	Sat	Sun	Торіс
Week 1	Jan 22-26	Asynchronous session live on Quercus (Review prior to synchronous session)		In-person session 5:15 pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus (Review prior to synchronous session)			-Building a New Hab -Top 10 Learning Strategies Tips & Tools
Week 2	Jan 29 – Feb 2			In-person session 5:15 pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus (Review prior to synchronous session)			-The Art of Presentness - Nurturing Health Through Sleep, Movement and Nutrition
Week 3	Feb 5-9			In-person session 5:15 pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus (Review prior to synchronous session)			-Grit & the Personal Model of Resilience - Mindful Time Management, Planning & Organization
Week 4	Feb 12 -16			In-person session 5:15 pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus (Review prior to synchronous session)			-Gratitude & Savouring -Mindful Reading Skills & Strategies fo Effective Learning
Week 5	Feb 19-23	Reading Week								

Week 6	Feb 26 - Mar 1	In-person session 5:15pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus (Review prior to synchronous session)	-Leading from Strengths & Unpacking VIA Character Strengths Survey -Active Listening, Holistic Note-Taking & Cultivating Concentration
Week 7	Mar 4-8	In-person session 5:15 pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus (Review prior to synchronous session)	-Optimism -Growth Mindset & Memory Techniques
Week 8	Mar 11-15	In-person session 5:15 pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus (Review prior to synchronous session)	-Self-Compassion -Calm & Confident Test Taking
Week 9	Mar 18-22	In-person session 5:15pm - 6:45pm	OR	Synchronous session on Zoom 11:00 am - 12:30 pm		-Five Factor Model of Resilience -Five Factors of Wide Awake Learning