

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 (<i>Review prior to synchronous session</i>)			-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 (<i>Review prior to synchronous session</i>)			-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 (<i>Review prior to synchronous session</i>)			-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