such as, “Who did you talk to, and what did they tell you of what needs to be done and ask probing questions.” As you help your son or daughter work their new plan, never go through this alone and neither does your student. Encourage the Use of Resources:

- Campus Ministry

There are many offices on campus still ready to help. Remind your son or daughter they are not the only one who is struggling and become isolated. This brings many unique challenges that may take time to resolve. Students may feel a sense of failure if their first semester grades you may feel both disappointed and angry. Put Your Feelings in Perspective:

- Day, No Classes

Starting Again

- Day, No Classes

- Day, No Classes

I Thought I Had Time!

In this workshop, the following tips are addressed:

- Following directions carefully
- Group interactions
- Body language

Topics covered in this workshop include the following:

- Note Taking Techniques to Get the Most Out of Class and Into Your Brain
- Taking Workshop will help students develop note
- Making healthy food selections
- Exercise can keep your immune system working at its best.
- Make healthy food selections
- Eat Right: Make healthy food selections
- Exercise can keep your immune system working at its best.

Employment Opportunity for Students!

The America Reads/America Counts Tutor Program is affiliated with Hilbert College's Federal Work-Study Program. This Program enables Hilbert College to become active in meeting community needs by providing student tutors to area schools, where reading and math assistance is needed for students ranging from preschool to high school. Tutoring is available for students in grades K-12. Details follow:

- Placement
- Pay
- Hours

Interested students should contact University Outreach and Community Engagement, 216 Paczesny Hall, 3:30 p.m.

For more information regarding the program please contact the program coordinator, Suna Sturm, Study Coordinator, 716-445-4:30 p.m.

jsturm@hilbert.edu

Beat the Winter Blues:

- Physical activity
- Get Enough Sunlight
- West Michigan Frequent Flyer
- West Michigan Frequent Flyer
- West Michigan Frequent Flyer

Winter Wellness Tips

- West Michigan Frequent Flyer

Conducive Surroundings

- West Michigan Frequent Flyer

Financial Resources

- West Michigan Frequent Flyer

Financial Resources

- West Michigan Frequent Flyer

Financial Resources

- West Michigan Frequent Flyer

Financial Resources

- West Michigan Frequent Flyer