

## Fall 2010 and Spring 2011 Workshops

### How to Participate

There is no registration (unless noted otherwise) or cost. Participation is completely voluntary. No names or other personal information will be recorded. Beverages and snacks will be provided at each group. You may also bring along your own lunch.

### How to Reach Us

The listed workshops require no registration, but you may have some personal questions or need additional information prior to attending. If so,

Please contact:  
Diana Piperata, PhD  
267-341-3232  
[dpiperata@holyfamily.edu](mailto:dpiperata@holyfamily.edu)

Or drop by the office:  
Northeast Campus  
9801 Frankford Avenue  
Campus Center, Room 220  
Philadelphia, PA 19114-2094

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## Fall 2010 Workshop Schedule

**Where:** Campus Center, Room 213

**When:** Tuesdays, 12:30 - 1:15 pm

September 28  
October 5  
November 9

Minding Your Mental Health from A to Z  
Anxiety Management and Relaxation Basics  
The ABC's of Healthy Relationships:  
Friendships and Intimacies

### First-Year Experience (FEXP) WORKSHOPS

#### *What's Your Type? Myers-Briggs*

**Where:** CC 213

**When:** Tuesday, October 26, 2010 12:30 - 1:15 pm

All first-year students are mandated to attend selected workshops listed within the Presidential Lecture Series (contact the Student Activities Office at extension 3281 for a complete listing). Among these workshops is the *What's Your Type? Myers-Briggs*.

The Counseling Center will conduct this workshop which provides students with a personality type profile utilizing the Myers-Briggs Type Inventory in an interactive group setting. The Myers-Briggs can offer information regarding your preferred style of interacting with the social and professional world. Learn how this impacts relationships with family and friends, as well as how you can better select a college major and future career based on your preferred style.

**Advanced registration is required.** Please email [mmbobholz@holyfamily.edu](mailto:mmbobholz@holyfamily.edu) to register.

ATTENTION  
FACULTY AND STAFF OF HOLY FAMILY UNIVERSITY

**Emergency Evacuation Training**

September 21- 23, 2010

ETC 315

Forty-five minute training slots available between 10am and 2pm each date

This training is designed to familiarize faculty and staff members with the Holy Family University Emergency Evacuation protocol for individuals with physical disabilities. You will be instructed on the appropriate response to building evacuation and in the proper use of the Emergency Evacuation chairs in the event you should need to respond in an emergency situation.

It is strongly recommended that all faculty and staff attend one of the 45-minute instructional sessions facilitated by the Counseling Center and Disability Services office.

[Pre-registration is not required for this training.](#) Additional registration information will follow in early September via e-mail and voice mail. Please make time in your schedule to attend this critical training.

**Spring 2011 Workshop Schedule**

**Where:** Campus Center, Room 213

**When:** Tuesdays, 12:30 - 1:15 pm

January 18	Sleeping 101: Did You Sleep Well Last Night?
February 22	Eating Disorders: What We All Need to Know
March 22	Physical Exercise for Mental Health (Fourth Annual Campus Walk)
April 12	Alcohol and Other Drugs: Education, Prevention, & Intervention
April 19	Sexual Assault Awareness: Education and Prevention

**Training for Intervention Procedures (TIPS) for University**

**Attention RAs and Residence Life staff**

TIPS for University training is mandatory for all Residence Life staff that has not been trained in the last three years. This training is scheduled for **Wednesday, August 18, 2010, from 12noon - 4pm in St. Joseph's Hall.** Lunch will be provided.

The TIPS training does require pre-registration. Walk-ins can not be accommodated. Please contact the Counseling Center or the Residence Life Director to **register before Monday, August 9, 2010.**

## Attention All Students, Faculty, and Staff

The Counseling Center will be hosting two TIPS (Training for Intervention ProcedureS) for University workshops this Fall 2010. Please consider attending one of the scheduled workshops to enhance your understanding and prevention of the misuse of alcohol on and off campus. TIPS for the University is a [free training](#) and will provide you with the knowledge and confidence necessary to reduce high-risk drinking behavior among college-aged students and within your own social networks. More than 1,200 campuses nationwide have implemented TIPS for the University.

Please revisit this web-page for dates and times of the TIPS training as they are posted. Tentatively, the TIPS trainings are anticipated in October and November, 2010.

Visit [www.gettips.org](http://www.gettips.org) for more information on this program.



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#### Non-Discrimination Statement

Holy Family University does not discriminate on the basis of race, color, gender, age, religion, national or ethnic origin, sexual orientation, marital status, or disability. This policy extends to all education, employment, and service programs at the University and complies with applicable federal laws. For information regarding compliance matters, the University's ADA/Section 504 and Title IX Compliance Officer may be reached at the Human Resources Department, Holy Family Hall Room 209, (215) 637-7700 ext. 3479.