

Emotional Intelligence Series: Building Blocks for Students

Part I: Emotional Self-Awareness

Tuesday, March 2
3:30-4:50 p.m.

JOIN HERE

- The Brain and Body: Basis for Emotional Self-Awareness
- How to Build Self-Awareness

Part II: Adaptability

Wednesday, March 3
3:30-4:50 p.m.

JOIN HERE

- Training Your Brain to Be Flexible
- Developing Adaptability

Part III: Positive Outlook

Friday, March 12
3:30-4:50 p.m.

JOIN HERE

- Positive Outlook: Beyond the Obvious
- Practical Strategies for Developing a Positive Outlook

Questions?

Email melanie.johnson@tri-c.edu

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