# Fall Workshops/Social Activities

## August

### New Student Open House Event
Come by the SSS office in Wahlstrom 519 to meet the SSS staff and get familiar with our office on **August 26th from 1-3pm**. We will have ice breakers and tastings from local eateries!

### ExCEl Mentee/Mentor Ice Cream Social
Mentees & Mentors come get to know one another on **August 26th from 2:30-3:30pm in the Private Dining Room**. Have fun doing ice breakers and having some delicious ice cream!

### Returning Students Open House Event
Come reconnect with your returner peers and the SSS staff while tasting some local pizza on **August 28th from 6-7:30pm in the SSS office**.

## September

### Beat the Clock: Time Management Workshop:
Come learn about basic skills and techniques to manage your time better. Workshop will be held on **September 12th at 12:15-1:15pm in Wahl 500b**.

### Graduate School Workshop:
Are you thinking about attending graduate school? Come to this workshop to learn about the steps to prepare. **September 18th from 5:30-6:30pm in the Library Pavilion**.

### Money Management Series:
Come learn budget management strategies to best prepare you for the future. This is a two part series that will be held on **September 20th & 27th in the Student Center’s Private Dining Room**.

### Pre-Stomp Workshop:
Planning on attending our NYC trip? This workshop is mandatory for all that are going to see STOMP. Come learn about the culture of street music on **September 24th from 5:30-7pm. Location to be determined**.

### STOMP in NYC:
Tired of staying on campus? Come join us on a bus trip to NYC to see STOMP. Buses leave campus on **September 29th at 10am and arrive back at 7:30pm**. Space is limited so sign up in the SSS office!

## October

### Have a lot on your shoulders?:
Learn tips for effective stress management on **October 2nd at 5:30pm in Bodine Hall, 1st floor lounge**. Homemade stress balls will be made!

### Are the food you are eating affecting your studying?:
Come learn about the best brain foods to retain information when studying on **October 3rd from 12-1pm in the Library Pavilion**.

### UB vs. NYACK Soccer Game:
Show your school spirit at the Purple Knights soccer game on **October 10th**. SSS will be attending as a group. Meet at the SSS office and we will walk over together. Time to be determined.

### Men's & Women's Group:
The 2nd group meeting will be held on **October 11th from 12:15-1:15pm**. Women will meet in Wahl 500a to discuss the Female Body Image and Men will be meeting in Wahl 500b to discuss Masculinity: Will you go with or against societal norms?

### Men's & Women's Group:
The 3rd group meeting will be held on **November 8th from 12:1:15-1:15pm**. Women will meet in Wahl 500a and Men will meet in Wahl 500b to discuss Gender Roles.

### Men's & Women's Group:
On **December 6th from 12:15-1:15pm** the Men’s & Women’s Group’s will have a wrap up session and end of the semester celebration in Wahl 500a.