REVIVE
1:30 p.m. – 3 p.m.
LGC, Room 202
Germanna is hosting REVIVE training which educates participants about how to identify signs of overdose, and trains them how to administer the lifesaving Narcan antidote. Registration is free. Those interested can register at https://goo.gl/forms/0eynpdwjWhYXySR72. Completers of the 90-minute training will receive a prescription for the Naloxone (Narcan).

Spring Organization Involvement Fair
12 p.m. – 3 p.m.
FAC, SP1, Main Lobby
Student Activities invites GCC students to meet and greet with representatives from student clubs and organizations here at Germanna. Learn about how to get involved in your favorite club or organization. Questions? Ask: studentactivities@germanna.edu.

FAC OFFERINGS
LGC OFFERINGS
STAFFORD OFFERINGS

January 15

MONDAYS
11 a.m. to 1 p.m.
THURSDAYS
4 p.m. to 6 p.m.

The pantry will be closed when the college is closed.
The pantry is located on the third floor of the Science Engineering and Information Commons Building in room 318A.

Eligibility: Must be enrolled as a GCC student
Students will need to fill out an intake form to receive items.
January 16

**Speed-Friending**
12 p.m. – 2 p.m.
LGC, Student Lounge
Come and socialize with other Germanna students to talk about common interests and gain new friends. This gives you an easy and convenient way to meet new people. Free pizza and drinks. Questions? Ask: studentactivities@germanna.edu

Jan. 17, Feb. 21, Mar. 21 & Apr. 18

**Third Thursday Check-In**
11 a.m. – 12 p.m.
DTC, Room 119; FAC (SP1), Room 213; LGC, Room 205; BJFSC, Room 136
Join us for a cup of coffee, tea or cocoa and check-in to meet with a Counselor or Advisor to discuss various topics. How are you doing in your classes? What are your struggles? What questions do you have about your program, classes or college in general?

April 16 & April 17

**Test Anxiety Reduction Sessions**
12 p.m. – 1:15 p.m.
FAC (SP3), Room 226
Are you anxious when taking tests? Do you blank out and forget things you know you have learned? This session will help you absorb the material more easily and recall more of it while taking tests. Come to one session or several. Registration required at kdenner@germanna.edu. Space limited.

April 22 & 23

**Test Anxiety Reduction Sessions**
4 p.m. – 4:45 p.m.
LGC, Room 205
Are you anxious when taking tests? Do you blank out and forget things you know you have learned? This session will help you absorb the material more easily and recall more of it while taking tests. Come to one session or several. Registration required at kdenner@germanna.edu. Space limited.

January 22

**College Check Up**
11 a.m. – 1 p.m.
SP1, Dickinson Lobby & LGC 300 Hallway
With more than 2 weeks into your classes, stop by and meet with a counselor to discuss various topics. How are you doing in your classes? What are your struggles? What kinds of questions do you have about your program, classes or college in general?

**Successful Study Skills – Hour of Power Session**
“Making the Most of Your Notes”
2 p.m. – 3 p.m.
BJFSC, Room 136
Effectively taking notes can greatly enhance your academic success. Join us for this session that will help you get the most out of your class lectures. We’ll provide tips on how to take great notes based on your learning style and the course subject.

April 26

**ACEs Awareness**
11 a.m. – 12 p.m.
FAC (SP1), Room 213
Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. Come to learn about adverse childhood experiences (ACEs): what they are and how they can impact your students and our college community. Questions? Contact mdelaney@germanna.edu.

May 2

**Drop-In-De-stress**
11 a.m. – 2 p.m.
LGC, Room 205
Come do some easy stress reduction exercises. Offering mini guided relaxation sessions every 15 minutes. The sign will be on the door if the session is in progress. Come in and relax.
March 28

Anxious, Nervous, Worried?

Part II
1 p.m. – 2 p.m.
FAC (SP1), 213 and LGC, 205
If you feel anxious, nervous, or worried a lot of the time, learn to recognize whether anxiety may be playing a large role in preventing your success. Participate in a brief, private screening followed by learning some skill-based techniques to combat anxious or negative thoughts. Referrals are available. Part II of two parts. Please sign up for this workshop mdelaney@germanna.edu.

April 1

Chasing the Dragon
11 p.m. – 1 p.m.
LGC, Room 202
Produced by the FBI, Chasing the Dragon is a wrenching portrait of the escalating opioid epidemic told through the frank testimonies of young addicts and their family members. The Counseling Department will facilitate a conversation following the film. Local resources provided.

March 7

Mix & Mocktails
1st session 2 p.m. – 4 p.m.
2nd session 5 p.m. – 7 p.m.
FAC (SP1), Room 211
Join Student Activities to paint that midterm stress away. We’ll have paint, giveaways, and of course MOCKTAILS. See you there.

March 21

Anxious, Nervous, Worried?

Part I
1 p.m. – 2 p.m.
FAC (SP1), 213 and LGC, 205
If you feel anxious, nervous, or worried a lot of the time, learn to recognize whether anxiety may be playing a large role in preventing your success. Participate in a brief, private screening followed by learning some skill-based techniques to combat anxious or negative thoughts. Referrals are available. Part I of two parts. Please sign up for this workshop mdelaney@germanna.edu.

January 28-31

Know Your Limits
Resource Table, 10 a.m. – 2 p.m.
SP1 Lobby and LGC 300 Hallway
Celebrating at parties, cheering a favorite sports team, and simply enjoying a break from work are common activities throughout the year. For some people, these occasions also may include drinking—even drinking to excess. The results can be deadly.

January 30

How tough is your G.R.I.T.?
1 p.m. – 1:30 p.m., LGC, Room 200
It takes more than academic knowledge to thrive in college. Explore the personal qualities that can increase your success and personal satisfaction at Germanna. The first workshop in the G.R.I.T. Workshop Series will introduce the basic characteristics that make up a person’s G.R.I.T. (and not the kind you eat for breakfast). Hear Diana Nyad’s remarkable story, discover your G.R.I.T. score, and get valuable resources to build your G.R.I.T. and energize you throughout your time at Germanna.

January 31

Transfer Fair
11 a.m. – 1 p.m.
Stafford Campus, Student Lounge/Hallway
Visit with a variety of four-year institutions and explore your transfer options for after graduation. Colleges will include residential and online program options in many majors and disciplines. Light refreshments will be provided.

February 5

Helping Friends in Crisis
11 a.m. – 1 p.m.
FAC (SP1), Lobby
Can you identify at-risk behavior? Would you know what to do to help a friend in crisis? Stop by our table to learn more about KOGNITO, an interactive software program designed to assist students with the tools necessary to help a friend in need.
**February 8**

**February 7**

**February 12**

**February 17**

**April 2**

**April 17**

**February 6**

**February 7**

**April 2**

**April 17**

**February 6**

**February 7**

**March**

**April 2**

**April 17**

**April 17**

**April 15**

**April 17**

**April 17**

**April 17**

**April 17**

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**Annual Winter Formal**

7 p.m. – 10 p.m. 
The Silk Mill, Fredericksburg, Virginia

Come and join us for a night to remember.

All currently enrolled students may bring one guest. Watch your emails for information to come. Questions? Ask: studentactivities@germanna.edu

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**G.R.I.T.: Resilience**

1 p.m. – 1:30 p.m. 
LGC, Room 200

People bounce back from tragedy, risks, and stress by having “protective” conditions in their lives. The more times you bounce back, the greater the chances you can build your resilience to overcome problems and reach your goals “with more power and more smarts” in college and in life. The second session in the G.R.I.T. Workshop Series will build on the first workshop by helping you understand the first ingredient that builds G.R.I.T.

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**Helping Friends in Crisis**

2 p.m. – 4 p.m. 
BJFSC, Student Lounge

Can you identify at-risk behavior? Would you know what to do to help a friend in crisis? Stop by our table to learn more about KOGNITO, an interactive software program designed to assist students with the tools necessary to help a friend in need.

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**Heroin (E)**

12 p.m. – 2 p.m. 
FAC (SP1), Room 213

A Netflix Original Heroin (E) is an Oscar nominated film that follows three women—a fire chief, a judge and a street missionary—battling West Virginia’s devastating opioid epidemic. This documentary is aimed at educating students and young adults about the dangers of addiction. The Counseling Department will facilitate a conversation following the film. Local community referrals will be provided.

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**REVIVE**

11 a.m. – 12:30 p.m. 
1 p.m. – 2:30 p.m. 
FAC (SP1), Room 213

Germanna is hosting REVIVE training which educates participants about how to identify signs of overdose, and trains them how to administer the lifesaving Naloxone (Narcan). Completers of the 90-minute training will receive a prescription for the Naloxone (Narcan).

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**Career Expo 2019**

10 a.m. – 1 p.m. 
Courtyard- Fredericksburg Campus

The Annual Career Expo offers an excellent opportunity for students to network with employers in different career fields. It provides an avenue for students who are unsure about choosing a career to directly interact with employers who will share up-to-date information on their organizations and related opportunities. Candidates will have the advantage of initiating job searches at a convenient location where many employers will be present. Bring a resume and come dressed to impress.

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**Healthy Relationships**

11 a.m. - noon 
LGC, Room 205

Know how to recognize whether your relationships with other people are healthy. In this highly interactive workshop, we will explore the nine signs of a healthy relationship with tips on how to manage those that are not. Students interested in this workshop must sign up with kdenner@germanna.edu.
**February 28**

**Mindfulness**
12 p.m. – 1 p.m.
BJFSC, Room 136

Exams have you feeling stressed? Come to a mindfulness session to learn more about stress management and mindfulness techniques to help you focus, have mental clarity and in general feel better.

**March 4**

**Stress Response & High Stakes Testing**
3:30 p.m. – 4 p.m.
LGC, Room 205

Learn to recognize whether you have or are starting to develop testing anxiety. Learn simple techniques to create a more focused approach to testing. Research based techniques for reducing anxiety while testing and improving concentration in reading and testing.

**March 6**

**Healthy Relationships**
1 p.m. – 2 p.m.
FAC (SP1), Room 213

Know how to recognize whether your relationships with other people are healthy. In this highly interactive workshop, we will explore the nine signs of a healthy relationship with tips on how to manage those that are not. Students interested in this workshop must sign up with mdelaney@germanna.edu.

**March 4**

**Eliminating Self Doubt: You are in control**
1 p.m. – 1:30 p.m.
LGC, Room 200

Self-Efficacy is your belief in your own ability to perform well in any situation. Learn the difference between high and low self-efficacy and see how you measure up with your own beliefs in your abilities. This third session builds on the first and second workshops and makes your G.R.I.T. even tougher.

**February 13**

**February 13**

**February 14**

**Transferring to a Four-Year? Drop-In Ask Questions**
10 a.m. - noon
LGC, Room 205

Do you have questions about how to transfer to a four-year university? Maybe you have questions about how to find the schools that have the major you are interested pursuing. Come to this session and we will walk you through the “dos” and “don’ts” of transferring.

**February 20**

**Building Support Networks: Get connected**
1 p.m. – 1:30 p.m., LGC, Room 200

Numerous studies have demonstrated that having a network of supportive relationships contributes to social and emotional well-being of college students. Learn how to build your support networks both inside and outside of the college. Get information on resources of support here at Germanna and build relationships with your peers. This workshop builds on the first of three workshops. By now, you should have an even stronger understanding of G.R.I.T. and how it can enhance your satisfaction with your college experience.
Depression Screenings

February 20 and February 21

9 a.m. – 3 p.m., FAC (SP1) Counseling Center, Room 201
Depression screenings will be performed by therapists from the Rappahannock Area Community Services Board (RACSB). Walk-ins or appointments are welcomed. For more information contact Maureen Delaney at mdelaney@germanna.edu.

February 20 and February 21

9 a.m. – 3 p.m., LGC Counseling Center, Room 205
Depression is a public health issue that has been falsely stigmatized by our society. Trained counselors will assist you with an assessment for depression, and give local resources. Walk-ins or scheduled appointments are welcomed. For more information contact Katey Denner at kdenner@germanna.edu.

February 27

10 a.m. – 3 p.m., BJFSC, Room 136
Depression screenings will be performed by therapists from Rappahannock Area Community Services Board (RACSB). Walk-ins are welcomed or make an appointment with Veronica Curry at vcurry@germanna.edu.

Alcohol Awareness/Substance

11 a.m. – 2 p.m.
LGC, Student Lounge
Rappahannock Area Alcohol Safety Action Program (RAASAP) will provide a table display on alcohol and substance abuse awareness. Counselor, Lenny Cascio, will be available for discussion, questions and general information.

Perseverance & Success:
Quitting is not an option

1 p.m. – 1:30 p.m.
LGC, Room 200
The journey to college completion can be a long and sometimes difficult one but when you stick with it, the rewards can be monumental in your career and in your life. This stick-to-it-ness is crucial to your success in college and really, to any goal you may set in our life. We come full circle in this G.R.I.T. Workshop Series (Goal Realization w/Intention & Tenacity).

Speed Networking and Social Event

4 p.m. – 6 p.m.
FAC (SP1), Room 100 SA Lounge
Join us for speed networking and stay for the reception starting at 5 p.m. Practice your interview skills and meet area business and industry professional hiring staff. Event will be located in the Student Activities Lounge, 1st floor Dickinson Building. This event is free and you must pre-register with the Career & Transfer Center. careerandtransfer@germanna.edu

Stress Hardiness:
A Key to Success

1 p.m. – 2 p.m.
FAC (SP1), Room 213
Stress reduction is an overall part of taking care of your health and enhancing your concentration levels for your studies. Test your stress hardiness. Learn how stress affects our bodies and our minds while learning simple ways to reduce stress.