Millersville University Fall 2021 Academic Resilience Speaker Series

Click on the Link or use the QR Code to Register

Sept 9th 2021, at 12pm

Setting Goals Based on Your Values and Setting a Resilience Action Plan

Siobhán Ní Dhonacha Ph.D.

Honors Program
University of Hawaii in Manoa
https://millersville.zoom.us/webinar/register/WN_u2oJ7AEVSb26wE3dZCZwXQ

Siobhán Ní Dhonacha
Siobhán Ní Dhonacha
Siobhán Ní Dhonacha

Oct 14th 2021, at 12pm

Metacognition: Self-Regulated Learning and Memory Strategies

Dr. Stephen Jones

Author and Associate Dean for Student Success
Villanova University
https://millersville.zoom.us/webinar/register/WN_f2Q1gt74TiSS_rGwN_YeMA

Nov 11th 2021, at 12pm

The Pandemic and Mental Health: Strategies for Wellness and Success

Sarah Gatumu, MD (Psychiatrist)

Meadows Psychiatric Center, PA

https://millersville.zoom.us/webinar/register/WN_KMvxsFNYTuqQQdGJBN9emw

Dec 2nd 2021, at 12pm

Overcoming Anxiety and Gaining Confidence Over Final Exams

Dr. Kristen Lawson

Associate Professor AASD
Millersville University

https://millersville.zoom.us/webinar/register/WN_l67MfkUhRZiR_SCIy0XsAg

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