

# Millersville University Fall 2021 Academic Resilience Speaker Series

Click on the  
Link or use the QR Code  
to Register



Sept 9<sup>th</sup> 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](https://millersville.zoom.us/webinar/register/WN_u2oJ7AEVSb26wE3dZCZwXQ)



Nov 11<sup>th</sup> 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](https://millersville.zoom.us/webinar/register/WN_KMvxsFNYTuqQQdGJBN9emw)



Oct 14<sup>th</sup> 2021, at 12pm

**Metacognition: Self-Regulated  
Learning and Memory Strategies**

**Dr. Stephen Jones**

Author and Associate Dean for Student Success  
Villanova University

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Dec 2<sup>nd</sup> 2021, at 12pm

**Overcoming Anxiety and Gaining  
Confidence Over Final Exams**

**Dr. Kristen Lawson**

Associate Professor AASD  
Millersville University

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**For more information, please contact Dr. Margaret Mbindyo Email:  
Margaret.Mbindyo@millersville.edu  
or Dr. Ann Gaudino Email: Ann.Gaudino@millersville.edu**