

## Fall 2011 and Spring 2012 Workshops

### How to Participate

There is no registration (unless noted otherwise) or cost. Participation is completely voluntary. No names or other personal information will be recorded (unless noted for FEXP credit). Beverages and snacks will be provided at each group. You may also bring along your own lunch.

### How to Reach Us

You may have some personal questions or need additional information prior to attending a workshop. If so, please contact:

Diana Piperata, PhD  
267-341-3232  
[dpiperata@holyfamily.edu](mailto:dpiperata@holyfamily.edu)

Or drop by the office:  
Northeast Campus  
9801 Frankford Avenue  
Campus Center, Room 220  
Philadelphia, PA 19114-2094

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## Fall 2011 Workshop Schedule

**Where:** Campus Center, Room 213

**When:** Tuesdays, 12:30 - 1:15 pm

September 27	Minding Your Mental Health from A to Z
October 4	Anxiety Management and Relaxation Basics
October 25	Myers Briggs Type Inventory (FEXP students only)
November 8	The ABC's of Healthy Relationships

### First-Year Experience (FEXP) WORKSHOPS

#### *What's Your Type? Myers-Briggs*

**Where:** CC 213

**When:** Tuesday, October 25, 2011 12:30 - 1:15 pm

All first-year students are mandated to attend selected workshops listed within the Presidential Lecture Series (contact the Student Activities Office at extension 3281 for a complete listing). Among these workshops is the *What's Your Type? Myers-Briggs*.

The Counseling Center will conduct this workshop which provides students with a personality type profile utilizing the Myers-Briggs Type Inventory in an interactive group setting. The Myers-Briggs can offer information regarding your preferred style of interacting with the social and professional world. Learn how this impacts relationships with family and friends, as well as how you can better select a college major and future career based on your preferred style.

**Advanced registration is required.** Please email [mmbobholz@holyfamily.edu](mailto:mmbobholz@holyfamily.edu) to register.

ATTENTION  
FACULTY AND STAFF OF HOLY FAMILY UNIVERSITY

**Emergency Evacuation Training**

This training is now online (effective August 29, 2011). We ask that all university employees who have not attended a training for the emergency evacuation of persons with physical disabilities complete this online training.

This brief training is designed to familiarize faculty and staff members with the Holy Family University Emergency Evacuation protocol for individuals with physical disabilities. You will be instructed on the appropriate response to building evacuation and in the proper use of the Emergency Evacuation chairs in the event you should need to respond in an emergency situation.

This online training will take approximately 15 minutes and includes a brief survey. Upon successful completion of the survey, you will receive a certificate of participation forwarded to you through interoffice mail.

Please make time in your schedule to participate in this critical training.

**HOW TO PARTICIPATE**

Log into your Blackboard account to access this training. Once logged in, select *Community* from among the tabs. Then, under *Organization Search*, type in *Disability Services*. On this screen, select *Evacuation Chair Guide* from the left hand column. Once done, you are ready to begin the training.

**Spring 2012 Workshop Schedule**

**Where:** Campus Center, Room 213

**When:** Tuesdays, 12:30 - 1:15 pm

January 17	Sleeping 101: Did You Sleep Well Last Night?
February 28	Eating Disorders: What We All Need to Know
March 20	Physical Exercise for Mental Health (Fifth Annual Campus Walk)
April 3	Alcohol and Other Drugs: Education and Misuse Prevention
April 17	Sexual Assault Awareness: Education and Prevention

**Training for Intervention Procedures (TIPS) for University**

## Attention RAs and Residence Life staff

TIPS for University training is mandatory for all Residence Life staff that has not been trained in the last three years. This training is scheduled for **Tuesday, August 23, 2011, from 11am - 3pm in Stevenson Lane Residence (SLR)**. Lunch will be provided.

The TIPS training does require pre-registration. Walk-ins can not be accommodated. Please contact the Counseling Center or the Residence Life Director to **register before Monday, August 18, 2011**.

## Attention All Students, Faculty, and Staff

The Counseling Center will be hosting two TIPS (Training for Intervention ProcedureS) for University workshops this Fall 2011. Please consider attending one of the scheduled workshops to enhance your understanding and prevention of the misuse of alcohol on and off campus. TIPS for the University is a **free training** and will provide you with the knowledge and confidence necessary to reduce high-risk drinking behavior among college-aged students and within your own social networks. More than 1,200 campuses nationwide have implemented TIPS for the University.

The TIPS workshops dates are as follows:

Monday, October 3, 2011

4:30pm - 8:30pm

NEP - CC 115

Dinner will be served at the beginning of training (please inform us of any dietary restrictions)

Registration for this training is required **before Wednesday, September 28, 3pm**. Please email [dpiperata@holyfamily.edu](mailto:dpiperata@holyfamily.edu) to register.

Tuesday, October 18, 2011

**(Faculty should not attend this date - Faculty Development Day is scheduled)**

9:00am - 1:00pm

NEP - CC 115

Lunch will be served at the end of training (please inform us of any dietary restrictions)

Registration for this training is required **before Wednesday, October 12, 3pm**. Please email [dpiperata@holyfamily.edu](mailto:dpiperata@holyfamily.edu) to register.

For more information on the TIPS program, please visit <http://www.holyfamily.edu/counseling/tips.shtml> and [www.gettips.org](http://www.gettips.org)



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**Non-Discrimination Statement**

Holy Family University does not discriminate on the basis of race, color, gender, age, religion, national or ethnic origin, sexual orientation, marital status, or disability. This policy extends to all education, employment, and service programs at the University and complies with applicable federal laws. For information regarding compliance matters, the University's ADA/Section 504 and Title IX Compliance Officer may be reached at the Human Resources Department, Holy Family Hall Room 209, (215) 637-7700 ext. 3479.