

Workplace Wellness

As a result of attending this event...

- How did this event address the importance of managing stress and developing coping mechanisms? Describe.
- Were there specific strategies or techniques discussed that you can apply to handle stress more effectively? Describe.
- How did you ensure that your interactions with fellow attendees and colleagues during the event were respectful and professional?
- Were there any moments where you felt challenged to maintain appropriate boundaries? How did you handle those situations?
- Did the event emphasize the importance of maintaining a healthy diet and sleep routine? Describe.
- What specific tips or suggestions did you gather from the event to promote better eating and sleeping habits?
- How can you incorporate any healthy habits discussed during the event into your college routine to support your physical and mental well-being?
- How did the event address the concept of work-life balance and its importance in achieving overall success? Describe.
- As it pertains to the event, what changes can you make to your daily or weekly schedule to ensure a healthier balance between academic/work commitments and personal life?
- Did the event provide opportunities to identify and showcase your personal strengths or unique abilities? Describe.
- How did you leverage your strengths during the event to contribute positively to discussions or activities?
- How did the event highlight the significance of a strong work ethic and effective work habits? Describe.
- Were there any specific work ethic traits or habits that resonated with you? How can you integrate them into your academic and professional pursuits?
- Were there any time management techniques or strategies discussed that you can adopt to improve your productivity? Describe.
- How did you ensure that you remained present and engaged during the event, despite any distractions or challenges? Describe.
- How can you apply the concept of being present and prepared to engage in other areas of your college experience to maximize your learning and growth? Describe.