

*Monday, April 28<sup>th</sup>*

# EVENT SCHEDULE



11AM-12PM

## **Coping with Stress for Student Success** [Meeting Link](#)

***Presenter – Emma Sykes, Taia Younis, and Charissa Naul***

Feeling overwhelmed by classes, deadlines, and daily responsibilities? Join our Student Success Coordinators for an interactive workshop where you'll learn inexpensive and easy-to-implement strategies to manage stress throughout your day. From quick mindfulness techniques to simple organization hacks, this session will equip you with practical tools to boost focus, energy, and overall well-being. No special supplies or experience needed—just bring yourself and a willingness to invest in your success!



12PM-1:30PM

## **Lost in Translation? Machine Translation for Fun, Friends, and Fluency** [Meeting Link](#)

***Presenter – Pam Doran***

Machine translation tools like Google Translate aren't just serious tech—they can be surprisingly fun. This session introduces ways students can use these apps to build vocabulary, create multilingual art, connect with friends across languages, and explore cultural nuances through translation quirks. We'll play with features like live conversation translation, camera-based text recognition (yes, you can point your phone at a sign or medicine bottle) and even test how well machine translation tools handle slang, emojis, and tricky phrases. Along the way, you'll pick up practical tips for using these tools to build confidence, stay informed, and support the people around you—no language degree required. Come for the memes, stay for the life skills.



*Monday, April 28<sup>th</sup>*

# EVENT SCHEDULE



2-3PM

## **Everyone is Creative!** *Meeting Link*

***Presenter – Heather Shalhoub***

Creativity has many health benefits including, but not limited to, stress relief, goal setting, and helping with decision making and problem-solving skills. It can also be a helpful way to unplug from your phone and constantly being connected so you can tune into your body and your own inner guidance. This session will redefine the idea of creativity and discuss how everyone has their own gifts, skills, and innovative ideas to share with the world. We will review some simple steps to bring more creative energy and innovation into your daily life and we will do a quick creativity exercise using paper and something to write with. The session will end with discussion time with the option to ask questions or share ideas.



6-7PM

## **Building Your Network** *Meeting Link*

***Presenter – Anita Brown***

In today's fast-paced, technology-driven world, networking remains one of the most powerful tools for career growth. This session will explore how you can build and maintain meaningful professional relationships in the digital age. Learn strategies for effective informational interviewing, expanding your network within your current workplace, and leveraging connections within your student community. We'll cover how to make authentic connections on platforms like LinkedIn, and how to turn casual conversations into opportunities. Whether you're looking to explore a new field or grow in your current one, developing your digital networking skills is essential. Join us to discover how to confidently connect, communicate, and cultivate your network for long-term success.



*Monday, April 28<sup>th</sup>*

# EVENT SCHEDULE



7-8PM

## **Movement Based Meditation** *Meeting Link*

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### ***Presenter – Sine Rofosky***

Did you know exercise, cooking, and crafting can be forms of meditation? This session will offer a sampling of nontraditional methods of this beneficial practice. Participants will learn how a variety of everyday activities can double as meditative moments. Remember, there is no wrong or right way to meditate!

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*Tuesday, April 29<sup>th</sup>*

# EVENT SCHEDULE



12-1PM

## **The Birds, the Bees and Native Plants – How You Can Help** [Meeting Link](#)

***Presenter – Mindy Boenning***

If you want to make a positive environmental impact in your little corner of the world, native perennial plants are the way to go. This presentation will explain how plants that are native to your geographic area are more resilient to weather extremes and are also the key ingredient for supporting birds and pollinators in your neighborhood. Participants will receive information on the top native plants in their area, how to maximize their usefulness in late fall and early spring, and how to choose a variety of plants for the best support of the birds and the bees during the growing season. Suggestions for those who don't have yards of their own will also be provided. (planting in containers, programs in local parks).



1:30-2:30PM

## **The Power of Affirmations** [Meeting Link](#)

***Presenter – Tonia Dunson-Dillard***

Join Student Success Coordinator Tonia for this interactive session focused on the power of affirmations and the use of storytelling. Tonia will share her own mental health journey and how she used affirmations as a way to lift her spirits and foster better self-esteem. Tonia will show you how to create and use affirmations to experience their profound impact. Participants are encouraged to bring writing supplies.



*Tuesday, April 29<sup>th</sup>*

# EVENT SCHEDULE



2-3PM

## **Supporting Students' Mental Health** [Meeting Link](#)

### ***Presenter – Cailyn Green***

Join Assistant Professor of Addiction Studies, Cailyn Green, for an informative and practical session designed for faculty and staff who want to better support students facing mental health challenges. Learn how to identify the signs and symptoms of common mental health concerns, respond with empathy and confidence, and connect students with the resources they need to thrive.



6-7PM

## **Passion Meets Payroll: Aligning Your Career and Values** [Meeting Link](#)

### ***Presenter – Ruth Belliard***

Misalignment between one's career and personal values can be a significant source of stress. This session will provide tools and strategies to identify personal values, explore career options that align with those values, and make changes to improve alignment. When individuals feel in control of their career path and see it as an expression of their values, it increases their sense of self-efficacy and empowerment. This leads to better decision-making related to all aspects of well-being, including seeking preventative care, managing chronic conditions, and advocating for their needs. Aligning one's career and values often leads to greater job satisfaction and engagement. This can positively impact overall energy levels and motivation to engage in healthy behaviors outside of work, such as exercise, healthy eating, and pursuing hobbies.



*Tuesday, April 29<sup>th</sup>*

# EVENT SCHEDULE



7-8PM

## **Yoga for Every Body!** *Meeting Link*

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### ***Presenter – Cate Brainard***

Join certified yoga instructor Cate Brainard for this interactive session tailored to meet the needs of all bodies. Take some time to reconnect with yourself and quiet your mind. Cate will walk participants through several poses with modifications. Participants are encouraged to have a yoga mat or soft space to practice, as well as a chair for balance. Beginners and seasoned yoga enthusiasts welcome!

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Wednesday, April 30<sup>th</sup>

# EVENT SCHEDULE



9AM-5PM

## Mental Health First Aid Meeting Link

**Presenter – Melissa Zgliczynski and Mark Spain**

Mental Health First Aid is a course that teaches the skills needed to recognize and respond to signs and symptoms of mental health and substance use challenges, as well as how to provide someone with initial support until they are connected with appropriate professional help. The evidence behind the program demonstrates that it builds mental health literacy, helping the public identify, understand and respond to signs of mental illness. Mental Health First Aid training courses are offered each term and are free for all students, faculty, and staff (class size is limited to 30 participants). Please note – this session is currently full and no longer accepting registration requests. Future training dates and registration instructions can be found [here](#).



11AM-12PM

## Pink and Teal – SHARE Cancer Support Meeting Link

**Presenter – Serrina Goodman**

Join student and breast cancer survivor Serrina Goodman as she shares her personal journey and invaluable knowledge regarding breast and ovarian cancers, including early warning signs and resources. Did you know Black women have an unusually high mortality rate across the board of all cancers the SHARE network currently serves? Serrina is an Ambassador Coordinator for the Afro Share Cancer Support Group and is passionate about creating a support network at SUNY Empire for students affected by cancer. This session is a safe space to ask questions and to learn how you can get involved.



Wednesday, April 30<sup>th</sup>

# EVENT SCHEDULE



12-1PM

## Active Minds *Meeting Link*

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### ***Presenter – Brandon Bond***

SUNY Empire welcomes guest speaker Brandon Bond, a representative from Active Minds, the largest nonprofit in the United States. Active Minds is committed to raising awareness and de-stigmatizing mental health. Brandon serves as a Mental Health and Well-Being Student Advocate at the University of Michigan. In addition, Brandon is a wellness coach who works with historically disadvantaged students. Committed to community service, Brandon serves on the Board of Directors for Garrett's Space, a young adult suicide prevention non-profit, and the International House Ann Arbor, promoting cultural humility and global understanding. Brandon further extends his impact as a mayoral-appointed Human Rights Commissioner for the City of Ann Arbor. Brandon will be discussing a variety of mental health topics and their unique impact on diverse populations. Information regarding how to join SUNY Empire's Active Minds chapter will be provided.



6-7PM

## Balancing It All: Wellness Tools for Student Parents and Caregivers *Meeting Link*

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### ***Presenter – Quran Bell***

Join Assistant Director of Student Support Quran Bell as she offers student parents and caregivers practical tools for managing stress, balancing responsibilities, and building community. Participants will explore time management and self-care tips, highlight mental health and academic resources, and be introduced to the Student Parent Collective and upcoming Student Parent Summit as an opportunity for deeper connection and support. The session is interactive and empowering, providing actionable takeaways to support overall well-being.



Wednesday, April 30<sup>th</sup>

# EVENT SCHEDULE



7-8PM

**Breath - Body - Mind: Utilizing  
Coherent Breathing to Counteract Daily  
Stressors**

*Meeting Link*

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***Presenter – Kaity Altu***

Certified instructor Kaity Altu will lead participants through a coherent breathing practice called Breath Body Mind, an evidence-based wellness technique that helps regulate the mind and body. Kaity will also explore how this practice can prevent burnout and promote resiliency. Take some time for yourself to unwind and reconnect!

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*Thursday, May 1<sup>st</sup>*

# EVENT SCHEDULE



12-1PM

## **Rural Minds** *Meeting Link*

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### ***Presenter – Chuck Strand***

Rural Minds is a nonprofit organization committed to shedding light on the unique mental health challenges faced by individuals in rural communities. In this important presentation, speaker Chuck Strand will discuss the critical service gaps and persistent stigmas that impact mental health care in these areas—and explore practical ways we can support ourselves and others who may be struggling.

Please note: This presentation discusses suicide and self-harm.



1-2PM

## **Self-Care and Career Development** *Meeting Link*

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### ***Presenter – Barbara Leicht***

Join Internship Coordinator Barbara Leicht as she explores the holistic side of career development. Career Development can be quite challenging. A holistic, self-care approach helps to energize and motivate. This leads to more successful results. Barbara will help participants explore healthy boundaries and healthy coping, which tie-into career development best practices such as networking and customizing one's resume.



*Thursday, May 1<sup>st</sup>*

# EVENT SCHEDULE



6-7PM

## **The Invisible Load** *Meeting Link*

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### ***Presenter – Paul Muccigrosso***

Join Military & Veteran Career Advisor Paul Muccigrosso for an insightful conversation about the often-overlooked “invisible load” carried by non-traditional students—those balancing the demands of student life alongside roles as caregivers, employees, and more. Paul will explore how both internal and external stressors can quietly build up and share practical strategies and resources to help lighten the weight you may be carrying.



7-8PM

## **Pillars of Health** *Meeting Link*

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### ***Presenter – Karen Dybus***

Student and licensed physician assistant Karen Dybus will be sharing how various pillars of wellness are interconnected and why we should view health through a holistic lens. Karen will demonstrate the roles nutrition, physical activity, stress management, avoidance of risky substances, sleep, and social connectivity play in preventing chronic disease and improving mental health.



Friday, May 2<sup>nd</sup>

# EVENT SCHEDULE



11AM-12PM

## Yoga Stretch Meeting Link

**Presenter – Diana Centanni**

TGIF! Join certified yoga instructor Diana Centanni as she guides participants through a series of relaxing stretches that will focus on breathing to help calm the nervous system, and core lengthening to improve posture and tone abdominal muscles. A group meditative relaxation practice will be held at the end of class. All levels and bodies welcome. A yoga mat is recommended but not required.



12-1:30PM

## Sonic Connections Meeting Link

**Presenter – Andrew Kischner**

You're not going to want to miss this. Sonic Connections is coming to SUNY Empire! Presenter Andrew Kirschner and the Sonic Connections team describes their program as “drawing from a rich array of scientific arts-based intervention studies—including those focused on embodied cognition, aesthetic emotions, and music therapy—we engage with music to explore individual and group attitudes, behaviors, and intelligence.” Join us for this immersive, music experience. As Sonic Connections puts it “Art serves as a bridge between our inner and outer worlds. It’s a unique language that speaks to each of us personally, while uniting us in shared experiences...Music aids in identity formation and social integration. Music empowers us, motivates us, and gives us the courage to face our challenges. As a source of inspiration for exploration, we use music as a tool for better understanding ourselves, our values, and our capacity for positive behavioral change.” Not sure what to expect? Click [here](#) to learn more!



*Friday, May 2<sup>nd</sup>*

# EVENT SCHEDULE



2-3PM

## Identifying Personal Values and Aligning with Career Aspirations [Meeting Link](#)

***Presenter – Annie Garwood***

Struggling to choose a degree program? Unsure what career is right for you? Join Annie Garwood, Assistant Director of Career & Experiential Learning Services, as she leads participants through a short, online assessment to identify their personal values. After, Annie will discuss how and why our values matter when exploring careers and planning for the future.



7-8PM

## Maintaining Work/Life Balance [Meeting Link](#)

***Presenter – Shane Tavolino***

Do you struggle with work/life balance? Join student Shane Tavolino as he shares how his career in hotel management and hospitality opened his eyes to the cultural norm of overwork. Shane will teach participants how to set healthy boundaries (say “no” without guilt), become digitally mindful, incorporate micro-breaks into your workday, and more! This presentation will be fun, engaging, and beneficial for students, faculty, and staff alike!



*Saturday, May 3<sup>rd</sup>*

# EVENT SCHEDULE



10-11AM

## **Move Your Body and Soul with Yoga** [Meeting Link](#)

### ***Presenter – Catherine Brikke***

Start your weekend off right with this rejuvenating yoga session! This is a gentle, yet dynamic, yoga class that flows like a dance and ends with a regenerative guided relaxation. The session is taught by Empire student Catherine Brikke who is an experienced and certified yoga and dance teacher. Yoga's many health benefits include improved flexibility, stress reduction, and greater mental clarity.



12-1PM

## **Write, Explore and Restore! Writing for Self Discovery** [Meeting Link](#)

### ***Presenter – Peggy Belles and Cibeles Garcia***

Join student and award-winning author Peggy Belles and Cibeles Garcia, SUNY Chancellor's Award recipient and American Psychological Association Campus Ambassador, for this creative writing workshop. Participants will have an opportunity to process thoughts, emotions, feelings and ideas on the page through the creation of stories, poems, or songs! Writing is an excellent tool to improve mental health. Humans are constantly engaged in an internal dialogue with themselves, and writing or storytelling can be a way to heal or replenish the spirit. It can also help us celebrate our individuality and tap into our internal source of power. No prior writing experience necessary!



*Saturday, May 3<sup>rd</sup>*

# EVENT SCHEDULE



1-3PM

## **Paint and Sip Tea Party** [Meeting Link](#)

### ***Presenter – Liv Thygesen***

Join Bilingual Disability Specialist and business owner Liv Thygesen as she helps participants create their own acrylic masterpiece! This practice will help participants learn that everyone is an artist and can benefit from creative hobbies. Artistic hobbies can help challenge perfectionism (painting mistakes encouraged!) and double as mindfulness practices.

Please note: Students are responsible for bringing their own supplies. A 11x14 canvas, acrylic paint set, and brushes are recommended.



2-3PM

## **Introduction to Nichiren Buddhism** [Meeting Link](#)

### ***Presenter – Suzanne Perez***

Student and certified instructor Suzanne Perez will introduce participants to several wellness practices from Nichiren Buddhism, including the use of mantras, focused intention, and gong and bell sound meditations. Suzanne will also share the history of these practices and how they can help participants cultivate peace, clarity, and resilience.



*Saturday, May 3<sup>rd</sup>*

# EVENT SCHEDULE



7-8PM

## **Level Up: Realize Pathways for Self-Growth** [Meeting Link](#)

### ***Presenter – Aaron Pieri***

Embark on a transformative journey to unlock your potential in confidence-building, motivation, and self-awareness through this interactive virtual workshop. Whether you're navigating academic challenges or preparing for professional milestones, "Level Up" offers a space to explore strategies for personal growth and resilience. In this thought-provoking presentation, participants will uncover the tools to cultivate a positive mindset, reframe failures into opportunities for growth, and identify their unique support system for encouragement and accountability. You'll gain actionable insights into practicing self-awareness, boosting self-confidence, and advocating for personal and professional development.

