Engineering Career Services
November 23rd—November 27th

Week 14: Boost Mental Wellness

**Video of the Week**
A Conversation with a Wellness Coach (Student Wellness Center)

**Blog of the Week**
Celebrating Small Wins
(Released on Monday, November 23rd)

**Q&A Topic of the Week**
How to Use Active Listening Skills
How to Ask for Help
How to Support Others
(Topics are covered in the Q&A event below)

**Resources**
*Wellness Resources
Mindfulness Practices

**Events**
*ECS: Q&A Prioritizing Mental Health

All topic content above contains a hyperlink, except for “Q&A Topic of the Week.”

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