



WAUBONSEE
COMMUNITY COLLEGE

Week of April 29, 2024

THINGS TO KNOW



KNOW...

How are you feeling today?



2024 Spring Wellness Workshop - Mental Health Tools to Enhance Personal Wellness

Monday, April 29 from 2:30-3:30 p.m.
Sugar Grove Campus, Bodie 150

Have a snack with us and enjoy an overview of the eight dimensions of wellness. We'll focus on the physical dimension and learn about body positivity and review the benefits of mindful physical exercise on our mental well-being. We'll also look at emotional wellness and explore ways to nurture oneself and others in times of stress and high demand. Resources and information available.

Can't make it in-person?
Join us on Zoom!
Scan the QR code.



GO...

Register for Summer (Now) and Get Ready to Enroll for Fall (Next Week)!

Most summer courses start May 20, June 10, or July 8, with fall courses beginning August 19.

View courses and more: waubonsee.edu/continue



Secure your fall schedule now with the Early Bird Payment Plan!

Hold your fall registration with a \$25 nonrefundable payment plan fee until the first payment is due, so you can register now and pay for school in four easy installments. Everyone who registers for fall credit courses through May 31 is eligible.

More info: waubonsee.edu/payment-plan



RECEIVE a \$25 Gift Card for Your Waubonsee Student Feedback (Via Zoom)

If you were unable to attend our Listening Sessions earlier this month, we are giving you another opportunity to share your thoughts. We want to hear what you like, dislike, and your ideas about the future of Waubonsee. We have made it easy for you to share via our virtual sessions. Every student who registers and attends will receive a \$25 gift card.

The Listening Sessions (via Zoom) will take place on:

- Tuesday, April 30 at 1 pm
- Wednesday, May 1 at 9 am
- Thursday, May 2 at 11 am

RSVP for a Listening Session (you will receive the Zoom link after you register).

waubonsee.edu/focus



**COME & JOIN US FOR OUR
END OF YEAR
CARNIVAL**

**THURSDAY, MAY 2
11 A.M. - 2 P.M.**

FREE ENTRY

- Inflatable Obstacle Course
- Carnival Games
- Petting Zoo
- FREE Food and Prizes!!

**Sugar Grove Campus
Student Center, Front Lawn**



GET HELP...

**WRITE
ALL NIGHT**
REBEL AGAINST PROCRASTINATION!

- ✂ WRITE YOUR FINAL ESSAYS!
- ✂ MEET WITH A WRITING TUTOR!
- ✂ CHECK YOUR MLA & APA CITATIONS!

Prizes and
nacho bar
for those
who write!



**WEDNESDAY
1ST MAY
3-9 P.M.**

**THURSDAY
2ND MAY
3-9 P.M.**

Waubonsee does not discriminate on the basis of any individual's actual or perceived race, color, creed, religion, gender, gender identity, sex, sexual orientation, age, national origin, ancestry, veteran's status, military status, unfavorable discharge from military service, marital status, order of protection status, pregnancy, disability, citizenship status or any other characteristic protected by law in its programs or activities. Inquiries regarding this policy may be directed to: Michele Needham, Title IX/ADA/Section 504 Coordinator, Route 47 at Waubonsee Drive, Sugar Grove, IL 60554, compliance@waubonsee.edu.