How to Resolve Like a Panther
WEDNESDAY, FEB. 6 | 7–8:30 P.M.
Evans Hall, Room 202
Have you ever thrown in the towel early to avoid confrontation or engaged in foul play when you were angry at someone? When conflict is treated like a competition, there are no winners. Join your fellow Panthers and learn healthy and effective ways to resolve conflicts and strengthen relationships. Space is limited, so arrive early to reserve your spot.

How to Party Like a Panther
WEDNESDAY, FEB. 27 | 7–8:30 P.M.
Evans Hall, Room 202
Spring break is just around the corner, and Panthers all around are excited to get out there and paaar-taay! While there’s nothing wrong with taking some time to let loose during a stressful semester, we must know how to party smart and stay safe. According to a national survey, approximately half of college students binge drink during spring break. Join your fellow Panthers as we discuss safe and effective strategies to identify and manage risky drinking behaviors. Space is limited, so arrive early to reserve your spot.

How to Shine Like a Panther
WEDNESDAY, MARCH 20 | 7–8:30 P.M.
Evans Hall, Room 202
Panthers are some of the fiercest, most confident animals in the jungle. But we Florida Tech Panthers may have trouble at times recognizing our strengths and how special we truly are. The emergence of social media and the accompanying social comparison can make this time even more difficult. Join your fellow Panthers as we explore ways to boost self-esteem and confidence in the digital age and recognize how fierce we can be! Space is limited, so arrive early to reserve your spot.

How to Explore Like a Panther
WEDNESDAY, APRIL 3 | 7–8:30 P.M.
Evans Hall, Room 202
As college allows for greater personal freedom, Panthers are given the opportunity to more freely explore and express their identity. This includes culture, gender, sexuality, religion, personal interests and more! This can be a very liberating and exciting, but challenging, time! Join your fellow Panthers as we discuss ways to navigate the exploration of your inner Panther! Space is limited, so arrive early to reserve your spot.

How to Prepare Like a Panther
WEDNESDAY, APRIL 17 | 7–8:30 P.M.
Evans Hall, Room 202
You’ve been studying hard for final exams, but when you walk into the classroom, your mind goes blank! As you sit down to start your test, you notice your sweaty palms and a pit in your stomach. Does this sound familiar? Test anxiety is real, and you are not alone. Join your fellow Panthers as we discuss methods to best tackle test preparation and test anxiety. Space is limited, so arrive early to reserve your spot.