

# January – Personal Wellness

## Email Messaging for January in Johnson Obear

### Connected to your Personal Wellness

<p>Students should be able to make responsible decisions about alcohol &amp; drug use.</p> <p>Students should be able to live independently.</p>	January 7 <sup>th</sup> - 11 <sup>th</sup>	<p>What are your Values? Standing up for Them!</p> <p><a href="https://survey.valuescentre.com/survey.html?id=s1TAEQUStmyFGafKLMkogagcuzDB9RS2&amp;locale=en_US">https://survey.valuescentre.com/survey.html?id=s1TAEQUStmyFGafKLMkogagcuzDB9RS2&amp;locale=en_US</a></p>
	January 14 <sup>th</sup> - 18 <sup>th</sup>	Impact of Alcohol and Drugs in the Body – Hot Chocolate Wasted
	January 21 <sup>st</sup> - 25 <sup>th</sup>	Dangers of Alcohol and Drug Consumption - Hot Chocolate Wasted
	January 28 <sup>th</sup> – February 1 <sup>st</sup>	Consequences for Alcohol/Drug Policy Violations

### Connected to your Community

<p>Students should be able to recognize the impact their actions or language have on others in their community.</p>	January 7 <sup>th</sup> – 11 <sup>th</sup>	How your values relate to what you stand for
	January 14 <sup>th</sup> – 18 <sup>th</sup>	Respectful Debate
	January 21 <sup>st</sup> – 25 <sup>th</sup> MLK DAY	Martin Luther King Jr.
	January 28 <sup>th</sup> – February 1 <sup>st</sup>	Step Up Information – Bystander Info

### Connected to UTC

<p>Students should be knowledgeable of available campus non-academic resources.</p>	January 7 <sup>th</sup> – 11 <sup>th</sup>	History of the ARC – Fitness Room/Track JO GYM DAY
	January 14 <sup>th</sup> – 18 <sup>th</sup>	Intramurals Schedule/Sign Up JO GYM DAY
	January 21 <sup>st</sup> – 25 <sup>th</sup>	Group Fitness Classes JO GYM DAY
	January 28 <sup>th</sup> – February 1 <sup>st</sup>	Aquatics & Rock Climbing Offerings JO GYM DAY

### Academic Messaging

January 11 (Friday)	Last day to change from credit to audit or audit to credit
January 13 (Sunday)	Last day to register in day or evening classes, to add a subject or change a section
January 14-18 (Monday-Friday)	Registration adds for Seniors and contract courses only. No new registrations.
January 20 (Sunday)	Last day to drop a class before a W (withdrawal) is recorded

# **Enjoy Hot Chocolate and Cookies!**

## **JO Square, 2pm-5pm**



WIN  
COOL  
PRIZES

### **Get Faux-Arrested**

**As you learn about the  
consequences of Alcohol  
and Drugs on the body.**

# JO GYM DAY



Let's get our  
Swol  
On!

- Learn how to use the Equipment
- Check out ARC Resources
- Exercise with your Complex
- Make Accountability Buddies
- Start the Year off Right

**Wednesday's in January**  
**6am - The ARC**

# February – Healthy Relationships

## Email Messaging for February in Johnson Obear

### Connected to your Personal Wellness

Students should be able to live independently.	February 4 <sup>th</sup> – 8 <sup>th</sup>	Effective Communication Strategies for a Healthy Relationship
	February 11 <sup>th</sup> – 15 <sup>th</sup>	You Matter.
	February 18 <sup>th</sup> – 22 <sup>nd</sup>	Characteristics of a Healthy Relationship
	February 25 <sup>th</sup> – March 1 <sup>st</sup>	Relationship around Habits (Good/bad)

### Connected to your Community

Students should make at least one new friend as a result of living on campus.	February 4 <sup>th</sup> – 8 <sup>th</sup>	Challenge Yourself. Attend 1 new event
	February 11 <sup>th</sup> – 15 <sup>th</sup>	Challenge Yourself. Attend 1 new event
	February 18 <sup>th</sup> – 22 <sup>nd</sup>	Challenge Yourself. Attend 1 new event
	February 25 <sup>th</sup> – March 1 <sup>st</sup>	Challenge Yourself. Attend 1 new event

### Connected to UTC

Students should feel a sense of belonging to the UTC community.	February 4 <sup>th</sup> – 8 <sup>th</sup>	Cool UTC Fact
	February 11 <sup>th</sup> – 15 <sup>th</sup>	Cool UTC Fact
	February 18 <sup>th</sup> – 22 <sup>nd</sup>	Cool UTC Fact
	February 25 <sup>th</sup> – March 1 <sup>st</sup>	Cool UTC Fact

### Academic Messaging

February 15 (Friday)	Summer 2019 Course Schedule available to view online
February 18-22 (Monday-Friday)	Summer 2019 Priority Registration for currently enrolled UTC students
February 26 (Tuesday)	Summer 2019 Registration for readmits and transfer students
February 18-March 1 (Monday-Friday)	Faculty notify undergraduate students of mid-term grades

# March – Stress Management

## Email Messaging for March in Johnson Obear

### Connected to your Personal Wellness

Students should be able to live independently.	March 4 <sup>th</sup> – 8 <sup>th</sup>	Self-Care Tips #1 Safe Spring Break Messaging
	March 11 <sup>th</sup> – 15 <sup>th</sup>	SPRING BREAK
	March 18 <sup>th</sup> – 22 <sup>nd</sup>	Self-Care Tips #2
	March 25 <sup>th</sup> – 29 <sup>th</sup>	Self Care Tips #3

### Connected to your Community

Students should make at least one new friend as a result of living on campus.	March 4 <sup>th</sup> – 8 <sup>th</sup>	Positive Notes for People
	March 11 <sup>th</sup> – 15 <sup>th</sup>	SPRING BREAK
	March 18 <sup>th</sup> – 22 <sup>nd</sup>	Positive Notes for People
	March 25 <sup>th</sup> – 29 <sup>th</sup>	Positive Notes for People

### Connected to UTC

<ul style="list-style-type: none"> <li>Students should be knowledgeable of available campus academic resources.</li> <li>Students should be knowledgeable of available campus non-academic resources</li> </ul>	March 4 <sup>th</sup> – 8 <sup>th</sup>	Academic Resources (ON Campus)
	March 11 <sup>th</sup> – 15 <sup>th</sup>	SPRING BREAK
	March 18 <sup>th</sup> – 22 <sup>nd</sup>	Non Academic Resources (ON Campus)
	March 25 <sup>th</sup> – 29 <sup>th</sup>	Other Resources (OFF Campus)

## Academic Messaging

March 8 (Friday)	Deadline for petitions to be submitted for May Graduation Candidates
March 11 (Monday)	Fall 2019 Course Schedule available to view online
March 11-17 (Monday-Sunday)	Spring Break (no classes) <i>*The spring break scheduled in the full term does not apply to the Spring Part of Term II schedule*</i>
March 15 (Friday)	Deadline to submit graduation applications for August 2019
March 18 (Monday)	<b>Last day for official withdrawal from any class with a W</b>
March 29 (Friday)	Deadline for faculty to submit grade changes to the Records Office for Fall incompletes

# April – Sustainability

## Email Messaging for April in Johnson Obear

### Connected to your Personal Wellness

Students should be able to live independently.	April 1 <sup>st</sup> – 5 <sup>th</sup>	Energy/Water/Recycling Competition (Ways to Reduce)
	April 8 <sup>th</sup> – 12 <sup>th</sup>	Energy/Water/Recycling Competition (Why Reduce)
	April 15 <sup>th</sup> – 19 <sup>th</sup>	Energy/Water/Recycling (Dangers of Not Reducing)
	April 22 <sup>nd</sup> – 30 <sup>th</sup> April 22 <sup>nd</sup> is Earth Day	Energy/Water/Recycling Competition (Leaving Campus)

### Connected to your Community

<ul style="list-style-type: none"> <li>Students should be able to form connections with individuals from diverse backgrounds.</li> <li>Students should feel connected to their residence hall community.</li> </ul>	April 1 <sup>st</sup> – 5 <sup>th</sup>	Social Justice and Sustainability
	April 8 <sup>th</sup> – 12 <sup>th</sup>	Social Justice and Sustainability
	April 15 <sup>th</sup> – 19 <sup>th</sup>	Social Justice and Sustainability
	April 22 <sup>nd</sup> – 30 <sup>th</sup> April 22 <sup>nd</sup> is Earth Day	Social Justice and Sustainability

### Connected to UTC

Students should feel a sense of belonging to the UTC community	April 1 <sup>st</sup> – 5 <sup>th</sup>	UTC History and Sustainability
	April 8 <sup>th</sup> – 12 <sup>th</sup>	UTC History and Sustainability
	April 15 <sup>th</sup> – 19 <sup>th</sup>	UTC History and Sustainability
	April 22 <sup>nd</sup> – 30 <sup>th</sup> April 22 <sup>nd</sup> is Earth Day	UTC History and Sustainability

### Academic Messaging

April 1-12 (Monday-Friday)	Fall 2019 priority registration for currently enrolled UTC students
April 15 (Monday)	Fall 2019 priority registration for readmits and transfer students*
April 19 (Friday)	Spring holiday
April 22 (Monday)	Last day of spring semester
April 23 (Tuesday)	Reading Day
April 24-30 (Wednesday-Tuesday)	Final Examinations