

GREEN BAG CAMPAIGN

The Green Bag Campaign is a collaborative effort initiative designed to improve students' ability to employ academic success skills and emotional coping strategies. After each Green Bag skillshop, you will receive a stamp. After you have completed 5 out of the 9 Green Bag skillshops, bring your stamped page to the SSC to receive a bag of SSC swag! Look for the green bag icon.

Skillshops include:

- What's My Love Language? by Vincent Hinton
- M & M: Mindfulness & Meditation by Vincent Hinton
- Calming the Body and Mind by Rebecca Koch
- Exploring Me: Who Am I? by Vincent Hinton
- Decision-Making through a Vitalistic Approach
- Light our Fire: Increasing Student Motivation by Cameron Bakkar
- A Life of Lasting Purpose by Rebecca Koch
- Destress Before Finals by Pat Banks and Sheronda Richey
- Understanding Title IX: Sex Discrimination Prevention and Response by Leigh Parker



To find the Skillshop calendar,
go to the SSC website or scan:

