May Notices and Events:

- May 3rd-7th: Dead Week
- May 5th: Cinco de Mayo
- May 9th: Mother's Day
- May 10th-14th: Finals Week
- May 11th: Ramadan Ends at Sundown
- May 15th: Happy Graduation Class of 2021!
- May 31st: Memorial Day

Social wellness focuses on building and nurturing meaningful and supportive relationships with individuals, groups and communities. It enables you to create boundaries that encourage communication, trust and conflict management. Social wellness also includes showing respect for others, oneself and other cultures.

You can foster social wellness by:
- Reflecting on yourself and your social needs.
- Making an effort to keep in touch with supportive friends, family and mentors.
- Participating in group discussions and practicing active listening.
- Joining a club or organization.
- Participating in study groups.
- Volunteering in the community.

Meditation:
- Take a deep breath.
- Breathing in through the nose, Breathing out through the mouth.
- Breathing in feeling the lungs expanding, Breathing out feeling a sense of letting go.
- Breathing in to feel the body getting fuller, Breathing out to feel the release of any tension.
- Breathing in feeling alive and awake, Breathing out feeling muscles relaxing.
- Breathing in that sense of fullness, Breathing out that unnecessary tension.