

APPLIED PRACTICE EXPERIENCE WELLNESS CAREER READINESS

FALL 2024 EVENTS

Events done in person or Zoom—
presented by Michele Rodriguez Taylor

READ DESCRIPTIONS AND REGISTER IN
ADVANCE AT:
[PUBLICHEALTH.UIC.EDU/UPCOMING-EVENTS/](https://publichealth.uic.edu/upcoming-events/)

**SCHOOL OF
PUBLIC HEALTH**



PREPARING FOR A
CAREER IN PUBLIC
HEALTH

INTRODUCTION TO
MINDFULNESS—
SINGLE SESSION

MINDFULNESS (4 WEEK
SERIES)

PREPARING FOR THE
APPLIED PRACTICE
EXPERIENCE
(STUDENT PANEL AND
Q & A SESSIONS)

LISTENING: A SKILL
FOR CAREER
ADVANCEMENT

TIME SCARCITY:
BALANCING LIFE AND
WORK

REFLECTIVE WRITING
& ART JOURNALING

BREATHING
EXERCISES TO HELP
MANAGE STRESS

MOVING BEYOND
PERFECTIONISM

SPH CREATIVES