

COMMUNITY OF INQUIRY LEARNING SESSIONS

SPRING THEME: PERSONAL INVENTORY

Let's pause and notice what's working, what feels hard, and what might support you moving forward

All learning sessions will be from 12:15 PM to 1:15 PM in RSU Room 214



Feb. 17

Strengths and Capacity

Recognizing your strengths, resilience, and what you are already doing well



March 24

Home Base

Guidance on *signing a lease, security deposit & managing monthly bills.*



Feb. 24

Habits and Patterns

Build awareness of routines & stress patterns that support or drain you



April 7

Education and Purpose

Reconnect to personal meaning, values, and your purpose



March 3

Thinking and Perspective

Noticing self-talk and beliefs that shape motivation, stress, and confidence



April 14

Growth and Looking Ahead

Reflect on your growth and realistic changes that can support you



March 10

Digital Safety and Privacy

Keeping yourself safe online and controlling who has access to your personal information



April 21

Home Base

Resolving Landlord-Tenant friction, Roommate Conflicts, and Security Deposit Recovery



March 17

Art for Stress Relief

Engage in creative activities to promote overall well-being & enhance your quality of life



April 28

Acceptance: Honoring the Self

Acknowledge what the semester required of you accept your effort without judgment.



DINING HALL VOUCHERS FOR ATTENDING



Join us in the Resnick Student Union
Room 214

FRESNO STATE | Center for Essential Needs