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Important News

Week of September 6th



Introducing the Bucs CARE Mental Health Group Counseling Sessions

Group 1: Finding Balance in Life

Adult Learner Group - Available to students working full-time, out of school for 4 years or more before coming to FSW, or has a family or other dependents.

Topics: Managing Stress, Relaxation Techniques, and Resources

Dates: Mondays, September 13th through November 15th

Time and Location: [Online/Zoom](#) 2:00pm - 3:00pm

Finding Balance in Life



(Scan or Click to Join Session)

Group 2: Understanding Your Mental Health

Open Group - Available to anyone either on campus or online

Topics: Self-Advocacy, Accessing Assistance On-Campus and Off-Campus, Resources, Managing stress, and Communication Styles

Dates: Tuesdays, September 14th through November 16th

Time and Location: [Online/Zoom - 12:30pm - 1:30pm](#) and Lee Campus, Room Q-128 - 2:00pm to 3:30pm

Understanding Your Mental Health



(Scan or Click to Join Zoom Session)

Group 3: Stress Management Group

Closed Group - Available to highest need students identified through BIRT/Bucs Care Referrals or students already established on caseload

Please email bucscare@fsw.edu or call (239) 433-8023 to participate in these sessions

Topics: ACT Therapy Techniques, CBT Therapy Techniques, Relaxation Therapy Techniques

Dates: Thursdays, October 14th through December 2nd

Time and Location: Online/Zoom 12:30pm - 1:30pm and Lee Campus 2:00pm - 3:00pm

Proctorio Testing Spaces

FSW has designated spaces on campus where you can take exams via Proctorio

Charlotte	Collier	Lee
Building D Room 209	Building J Room 217	Building H Room 213
M-R: 8:30 a.m. - 6:00 p.m.	M-F 7:00 a.m. - 10:00 p.m. Sa: 7:00 a.m. - 4:00 p.m.	M-R: 7:00 a.m. - 10:00 p.m. F: 7:00 a.m. - 7:00 p.m. Sa: 7:00 a.m. - 3:00 p.m.

FSW Dining

Be sure to [check out our September highlights](#), and [a message from the Metz Food Services General Manager](#), Britnie Blackman.



Academic Support—College Tutoring with Unlimited Access



Week 3 is here! Get connected **now** with an FSW math, writing, or speech tutor. No appointment is needed. Go to www.fsw.edu/academicsupport to review the options and learn how to access services via live Zoom, table-top tutoring, or to drop-off an essay. More questions? Email or call Monica Moore at mmoore12@fsw.edu or (239) 489-9378.



Featured Event

Leadership Launch

Leadership Launch is a day of professional development, learning and networking opportunities for student leaders across all four locations. Leadership Launch is intended to connect student leaders, faculty, staff, and community partners, while promoting collaborative efforts, the development of leadership skills, and building lifelong relationships.

Students can [Pre-Register for this event](#).

Friday, September 10th from 9:00 AM to 2:00 PM

Visit the [Events Calendar](#) for location information.

Events of the Week

Here are a few of some of the exciting events happening this week:

- Tuesday, September 7th: [How to Save a Life - Hendry/Glades Center](#)
- Wednesday, September 8th: [Battle of the Board Games! - Charlotte Campus](#)
- Thursday, September 9th: OBOC: [What can YOU do to help rewild the world? - Online](#)

For a full listing of events and activities, see the [Student Engagement Weekly Events](#) schedule.



Important Dates

Click the event name to learn more or visit the [FSW Academic Calendar](#).

September 6th: [College Closed in Observance of Labor Day](#)

September 7th: [Study Day - College Open - No Classes](#)



Question Of The Week

"How can I get an Enrollment Verification?"

You can request enrollment verification in 1 of 4 ways:

- In-person
- By mail
- By fax (239) 489-9040
- National Student Clearinghouse

[Click here](#) for the Enrollment Verification Form (PDF).



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[Don't like these emails?](#)

Warning: Marking emails from an FSW email address (e.g. news@fsw.edu, advising@fsw.edu) as spam from your student Gmail account may cause you to **stop receiving ANY emails from**

FSW such as Canvas/grade updates, faculty communications, important academic calendar deadlines, and more.

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Attachments

 [Metz Welcome Back Bucs.pdf](#)

 [September Whats On Our Table.pdf](#)

 [Student Engagement Weekly Events 9.6.21.pdf](#)