

# NEWS & EVENTS

Friday, March 24, 2017 | All times are Pacific Time



## HEALTH

### YOU FIRST: SELF-CARE FOR A BALANCED LIFE

March 30 at 6 p.m.

Practicing self-care can help you manage stress and balance your daily life activities. During this **live online webinar**, Sara Wynne from WSU Health and Wellness Services will go over the benefits of self-care and practical ways to support self-care for yourself and your family.

[REGISTER TO ATTEND ONLINE WEBINAR](#)



## FITNESS

### THE ANYWHERE WORKOUT

April 4 at 6:30 p.m.

Ramon Sodano, Coordinator and Master Trainer from Wellbeing Online, will teach you three workouts that you can do anywhere—at home, in the office or on vacation. These workouts are based on customizable Interval Training/Metabolic Circuit methodologies that you can adjust for your workout goals and preferences. The formats that will be utilized are Tabata, Every Minute On the Minute (EMOM) and High Intensity Interval Training (HIT). Join us in your gym



## WEBINAR

### THE CONNECTION BETWEEN RAPE CULTURE AND VIOLENCE TOWARD WOMEN

April 5 at 5 p.m.

Amber Morczek, Ph.D. candidate in WSU's Department of Criminal Justice and Criminology, will discuss rape culture and how this cultural framework normalizes and condones gender-based violence. Morczek's **live online webinar** will give participants a better understanding what rape culture is, its prevalence in society and how individuals can combat gender



## CAREER HELP

### CAREER NETWORKING

April 12 at 6:30 p.m.

You know it's important to network, but how do you do it effectively? Join Global Campus Career Counselor Chris Miller to learn the foundations of networking, from building your contacts to creating a personalized elevator speech. This **interactive live online webinar** will provide you with networking tools to use throughout your career.

clothes and ask Ramon your fitness questions during this [live online event](#).

violence and rape culture.

[REGISTER TO ATTEND ONLINE WEBINAR](#)

[REGISTER TO ATTEND ONLINE LIVESTREAM EVENT](#)

[REGISTER TO ATTEND ONLINE WEBINAR](#)

## NEWS BRIEFS

### ► SCHEDULE YOUR PROCTORED EXAMS

If you have a final exam proctored by Global Campus Proctoring Services, schedule it now to get the best choice of times. Proctoring is available from 8 a.m. - 8 p.m. Monday - Saturday, and 8 a.m. - 10 p.m. on Sundays.

From May 1 - 5, Proctoring Services is extending its hours to 7 a.m. - 10 p.m. Choose your exam time now at:

[GLOBAL CAMPUS ONLINE PROCTORING](#)

### ► CELEBRATE COMMENCEMENT AT PULLMAN OR SEATTLE EVENT

Graduating this spring? Come celebrate at one of two receptions sponsored by ASWSU Global. The Pullman reception is from 5-8 p.m. Friday, May 5, the evening before commencement. For those unable to come to Pullman, there's a celebration in Seattle's Museum of Flight from 6-9 p.m. on Wednesday, May 3. Both events offer a wonderful chance to celebrate your accomplishments with family, friends, and WSU faculty and staff.

[ASWSU GLOBAL SPRING GRADUATION RECEPTIONS](#)

### ► EARN THREE CREDITS IN THREE WEEKS THIS SUMMER

Registration is open for this year's Intersession, which runs from July 29-Aug. 20, and offers courses ranging from microeconomics to music and LGBT studies. One big advantage of enrolling early in Intersession is that the course space opens in June, allowing you more time to prepare for the three-week session.

[INTERSESSION COURSE LIST](#)

### ► NOMINATE A STUDENT FOR COMMUNITY INVOLVEMENT AWARD

Each month, the Center for Civic Engagement (CCE) recognizes one outstanding student or student group whose exemplary service, leadership, and commitment has impacted the community. Nominations for the March Community Involvement Award are due by **April 1**. All WSU students or groups are eligible to receive the award. Visit [cce.wsu.edu/cia](http://cce.wsu.edu/cia) to learn more, and visit [bit.ly/cceaward](http://bit.ly/cceaward) to submit a nomination.

### ► ACHIEVE MORE WITH THE GLOBAL COUGAR SUCCESS PROGRAM

The Global Cougar Success Program recognizes online students who go the extra mile to be well-rounded, actively engaged members of Washington State University. If you are looking to challenge yourself academically, professionally, socially, and personally, then this is the program for you!

[JOIN THE COUGAR SUCCESS PROGRAM](#)

### ► 2017-18 COMMON READING BOOK SELECTED

The sci-fi dystopian novel *Ready Player One* has been selected as 2017-18 Common Reading book. This award-winning book "will allow our campuses to highlight cutting-edge innovations and applications of technology in a variety of fields, and to explore larger issues about the ethical dilemmas and changing sense of identity that arise in an increasingly digital world," said WSU Provost and Executive Vice President Daniel J. Bernardo. Add *Ready Player One* to your summer reading list to be ready for new webinars and livestreamed events from Global Connections and the Common Reading program next fall and spring.

[LEARN ABOUT THE COMMON READING BOOK SELECTION](#)

## STAY UP TO DATE

- **Today, March 24**  
[Spring commencement registration](#) and [cap and gown](#) orders open.
- **Monday, April 10**  
Priority registration begins for fall.
- **Thursday, April 13**  
Last day to order a cap and gown, and register to walk in spring commencement.
- **Friday, April 14**  
Deadline for undergraduate students to withdraw from a course.
- **Monday, April 17**  
Summer tuition and mandatory fees will post to students' accounts.
- **Sunday, April 30**  
Summer financial aid disbursements start delivering to students' accounts.

[ACADEMIC CALENDAR](#)

[DROP & WITHDRAWAL DEADLINES](#)

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