



Scan the QR-code
to access our
resources on the
CH SSS Learn2025
platform

SEMESTER 2:2025 LIFE-SKILLS WEBINAR SCHEDULE:
INVESTING IN YOU

SEMESTER 2:2025 LIFE-SKILLS WEBINAR SCHEDULE: INVESTING IN YOU			
Day	Time	Topic	Links
Tuesday, 02 Sept 2025	14h30 - 15h30	Adjusting to University	CLICK HERE TO JOIN MEETING
			Meeting ID: 935 1668 5240 Passcode: 706617
Thursday, 04 Sept 2025	14h30 - 15h30	Note-taking and making the most of your lectures	CLICK HERE TO JOIN MEETING
			Meeting ID: 957 5880 7045 Passcode: 003524
Tuesday, 09 Sept 2025	14h30 - 15h30	Time Management/Creating a Study Timetable	CLICK HERE TO JOIN MEETING
			Meeting ID: 986 0342 0707 Passcode: 509407
Thursday, 11 Sept 2025	14h30 - 15h30	Motivation	CLICK HERE TO JOIN MEETING
			Meeting ID: 995 6695 6657 Passcode: 653768
Tuesday, 16 Sept 2025	14h30 - 15h30	Mindfulness	CLICK HERE TO JOIN MEETING
			Meeting ID: 930 7956 4150 Passcode: 558597
Thursday, 18 Sept 2025	14h30 - 15h30	Study Strategies/ Power of Study Groups	CLICK HERE TO JOIN MEETING
			Meeting ID: 990 7226 7743 Passcode: 268360
Tuesday, 07 Oct 2025	14h30 - 15h30	Healthy Relationships	CLICK HERE TO JOIN MEETING
			Meeting ID: 964 8480 2887 Passcode: 756089
Thursday, 09 Oct 2025	14h30 - 15h30	Stress Management/Managing Anxiety	CLICK HERE TO JOIN MEETING
			Meeting ID: 988 8570 5131 Passcode: 680588
Tuesday, 14 Oct 2025	14h30 - 15h30	Career Pathing	CLICK HERE TO JOIN MEETING
			Meeting ID: 918 2585 8744 Passcode: 177208
Thursday, 16 Oct 2025	14h30 - 15h30	Mental Well-being/Suicide Risk	CLICK HERE TO JOIN MEETING
			Meeting ID: 919 3195 7210 Passcode: 511445
Tuesday, 21 Oct 2025	14h30 - 15h30	Substance Use	CLICK HERE TO JOIN MEETING
			Meeting ID: 979 3539 2865 Passcode: 249404
Thursday, 23 Oct 2025	14h30 - 15h30	Exam Preparation	CLICK HERE TO JOIN MEETING
			Meeting ID: 967 1195 4086 Passcode: 051377