

FIRST-YEAR ENGINEERING STUDENT SUPPORT GROUP

HELLO
MY NAME IS

limited spots available!
sign up by emailing
sara.hanna@uwo.ca

Participants who sign up for the series are encouraged to attend all sessions to get the most benefit from the experience.

Sign up required. No drop-ins.


Join us for a 5-week wellness series designed just for first-year Engineering students! Whether you're feeling stressed, overwhelmed, or just want to build meaningful connections, this support group is a space to learn, reflect, and grow - together.

Brains & Balance: Managing Academic Pressure

SESSION 01 Discover tools to handle coursework, exams, expectations without burning out.
JANUARY 22, 2026
12:30-1:30PM, SEB 2094



Dealing with Overwhelm: From Chaos to Clarity

 Learn strategies to calm your mind and find focus when things feel like too much. **SESSION 02**
JANUARY 29, 2026
12:30-1:30PM, SEB 2094




Peer Connect Circles

SESSION 03 Build community and support through guided conversations with fellow students. Normalize stress, reduce isolation, and increase peer support.
FEBRUARY 5, 2026
12:30-1:30PM, SEB 2094



Boundaries & Burnout

 Recognize early signs of burnout and learn how to set boundaries that protect your wellbeing. **SESSION 04**
FEBRUARY 12, 2026
12:30-1:30PM, SEB 2094



Who Am I Outside of Engineering? Identity & Purpose Workshop

SESSION 05 Explore your values, passions, and identity beyond academics.
FEBRUARY 26, 2026
12:30-1:30PM, SEB 2094

