

Office of Educational & Career Success
2026 STEP 1 Dedicated Series
January 6th - February 26th

Join us every Tuesday & Thursday for stress-relief events and Academic Support Office Hours.

Tuesdays

Kick-Off Event | Jan 6th

2-3:30 PM \ WSK 1219

Stop by and create your own STEP 1 goodie bag! Choose from our supply of fun snacks, candy, toys, encouraging notes, and more.

Paint & Plant | Jan 13th

11:30-1 PM \ WSK 1219

Decorate and paint your own plant pot and take home your favorite herb seeds to grow!

Craft Days | Jan 20th & Feb 17th

11:30-1 PM \ WSK 1217 ECS Office Suite

Join us for repeated craft days! Paints, easels, coloring sheets, bracelets, yarn, and more crafts will be available for you to relax and enjoy with!

Taco Tuesday | Jan 27th

11:30-1 PM \ WSK 1219

Fuel up during your day of studying! Stop by for lunch, connect with peers, and ask any questions you may have for Academic Support.

Valentine Cookies & Cocoa | Feb 10th

11:30-1 PM \ WSK 1219

Come decorate your own Valentine Day cookies and enjoy some delicious hot cocoa and toppings!

Massage Therapy | Feb 24th

11-1 PM \ TBD

Academic burnout is real. Schedule a 10-minute massage with a Restorations Massage Therapist and relax! Must RSVP in advance

Thursdays | 2-3 PM

Academic Support Office Hours

Stop by the ECS Office Suite for drop-in office hours with Mary Ann Grandinetta and snag a cup of tea and snacks!

Finalized dates/times/locations will be released as available.