SSS GRIT RETREAT
Growing Resilience & Inspiring Transformation

AGENDA

PRE-RETREAT
Thursday August 27, 2020:
9:00 am – 5:00 pm
GRIT & Campus Change Students Move In
Early move-in to residence hall; meals on your own

SCHEDULE

Friday August 28, 2020:
Campus Change Students Move In
8:30 am - 9:15 am
Registration & Continental Breakfast – GRIT students
Rowe 122

9:15 am - 10:00 am
Welcome/Kick-off & Keynote Speaker
Paris Pruitt – SSS Alum’ 2019
Rowe 122

10:15 am - 11:45 am
Mindfulness for Success – Interactive workshop
Dr. Rebecca L. Acabchuk
Institute for Collaboration on Health, Intervention, and Policy (InCHIP)
Hawley Armory Room?

12:00 pm - 1:00 pm
Buffet Lunch – School of Business (Reflection in Journals?)
Door prizes/Giveaways

1:15 pm - 2:45 pm
Academic Motivation, Buoyancy & Grit
Clewiston Challenger Ph.D.
UConn Assistant Professor,
OR
Counselor Education and Counseling Psychology, NEAG
School of Business 202

1:15 pm - 2:45 pm
SSS Campus Change Orientation & Tour
(led by SSS campus change students)
Rowe 122

3:00 pm – 4:30 pm
Habits & Vulnerability - Activity (smaller groups/teams)
School of Business Lounge 116 (Habit Activities)
Natalie Griffin

4:40 pm
PASS Success Circle – Reflection & Moving Forward
Pizza & Wings - School of Business Lounge
(Led by PASS Success Coach and students who built resilience)
SSS Counselor Debriefing