For Personal Well-being

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<tr>
<th>Athletics</th>
<th><a href="http://www.smithpioneers.com/">www.smithpioneers.com/</a></th>
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<tr>
<td>Health Services</td>
<td><a href="http://www.smith.edu/health/">www.smith.edu/health/</a></td>
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<td>Counseling Services</td>
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<td>Museum of Art</td>
<td><a href="http://www.smith.edu/artmuseum/">www.smith.edu/artmuseum/</a></td>
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<td>Religious &amp; Spiritual Life</td>
<td><a href="http://www.smith.edu/religiouslife/">www.smith.edu/religiouslife/</a></td>
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<tr>
<td>Student Affairs</td>
<td><a href="http://www.smith.edu/sao/">www.smith.edu/sao/</a></td>
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For Academic Help

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<th>Class Deans Office</th>
<th><a href="http://www.smith.edu/classdeans/">http://www.smith.edu/classdeans/</a></th>
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<td>Jacobson Center</td>
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<td>Lazarus Center for Career Development</td>
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<td>Registrar’s Office FAQ page</td>
<td><a href="http://www.smith.edu/registrar/faq.php">http://www.smith.edu/registrar/faq.php</a></td>
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<td>Spinelli Center for Quantitative Learning</td>
<td><a href="http://www.smith.edu/qlc/">http://www.smith.edu/qlc/</a></td>
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For Help with Other Stuff

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<th>Information Technology Services</th>
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<td>Residence Life</td>
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<td>Student Engagement</td>
<td><a href="http://www.smith.edu/ose/">http://www.smith.edu/ose/</a></td>
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<tr>
<td>Wurtele Center for Work and Life</td>
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BOATHOUSE HOURS:
Mon-Fri: 1pm-5pm
Sat/Sun: 1pm-5pm

Soup, Salad, & Soul
(informal discussions)
Fridays, 12:10-1pm,
Bodman Lounge, Chapel

Life isn’t about finding yourself. Life is about creating yourself. ~George Bernard

Check out my Wellness Blog at: http://sophia.smith.edu/blog/wordsofwisdom/
### Every SUNDAY

**Outdoor Adventure**
ALL activities: 4-6pm & meet at the boathouse! Register by emailing: outdoors@smith.edu

**Gallery of Readers**
Supporting local writers 4pm, Neilson Browsing

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### Every MONDAY

**Mindful Mondays**
Participate in a super-short contemplative exercise, eat a free lunch & have a brief, informal, facilitated conversation w/ faculty or administrator guest each week. 12pm-1pm CC204

**September 5**
Ruth Ozeki Talk 7pm, John M. Greene

**September 12**
Poster Sale, Chapin Lawn, 9am-5pm

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### Every TUESDAY

**Outdoor Adventure**
Afternoon hikes: Meet at 4:30pm at the boathouse. No experience or registration required!

**September 13**
Bike Trail Ride

**Field Hockey vs. Conn College, 7pm**

**September 20**
Volleyball vs. U.S. Coast Guard 7pm

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### Every WEDNESDAY

**Green Tara Meditation**
Dewey Common Rm

**September 7**
Convocation BBQ Quad/Davis Lawn, 5:15pm
Convocation 7pm, JMG
Convocation Carnival Chapin Lawn, 7:45

**September 14**
Wings & Fries w/ OIDE! 12-1pm CC Chapin Deck

**September 21**
Speaking Anxiety: Causes & Cures 7pm, CC103/104 (1st of 6 wkshops)

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### Every THURSDAY

**Adventure Days!**
Meet at 4:30pm at the boathouse. No experience or registration required!

**September 8**
Lemonade Stand Chapin Lawn, 11:30am

**September 15**
Make Tie-Dye Shirt 11am-1pm Chapin Lawn

**September 22**
Cuban Abakua Carroll Rm, 4pm

**September 29**
Jittery’s Live! presents: Mal Blum 9pm, CC TV Lounge

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### Every FRIDAY

**Soup, Salad & Soul**
Informal discussions and homemade lunch 12:10-1pm, Bodman Lounge, Chapel

**SEC Movie Night**
Weinstein Auditorium 7:30pm, https://smith.collegiatelink.net/organization/sec

**September 9**
SEC Movie Night Zootopia

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### Every SATURDAY

**Smith-To-Do**
Art & Crafts Projects (Always free!)
Davis Ballroom, 9pm http://www.smith.edu/ose/programs_to_do.php

**SEC Movie Night**
Weinstein Auditorium 7:30pm, https://smith.collegiatelink.net/organization/sec

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### September

**September 11**
All Day: Explore Noho! Look for First Week logo in business storefronts for an add’l surprise!

**Auditions for:**
Steel Magnolias 7pm, TV Studio Theatre Building

**September 18**
Bike Fest & Tour of the Valley @ Look Park, Rt 9 Florence, MA

**September 19**
Mindful Mondays 12pm, CC 204

**Labyrinth Exhibition**
Nolen Arts Lounge Sept 19-30th

**September 27**
Gerald Stern Poetry Reading, 7:30pm Weinstein Aud.

**September 28**
Be Yourself! 7pm, CC103/104

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**September 5**
Lemonade Stand Chapin Lawn, 11:30am

**September 15**
Make Tie-Dye Shirt 11am-1pm Chapin Lawn

**Jittery’s Live! presents: Vundabar**
9pm, Davis Ballroom

**September 22**
Cuban Abakua Carroll Rm, 4pm

**September 29**
Jittery’s Live! presents: Mal Blum 9pm, CC TV Lounge

**September 10**
Volleyball vs Suffolk Univ, 11 am

**September 17**
Rock Climbing! Meet at Boathouse, 8:30am-4pm

**Outfest Dance Party**
9:30pm, Carroll Rm

**September 24**
Dollars & Sense for Entering students
11am, Neilson Browsing. Sign up here: https://www.smith.edu/wfi/