<table>
<thead>
<tr>
<th>Workshop Titles/Dates/Speakers/Sponsorships</th>
<th>Descriptions</th>
<th>Objectives</th>
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| Peace of Mind: Recognizing and managing stress and anxiety | Learn practical strategies for recognizing and managing stress and anxiety. | -Identify signs of anxiety  
-Explore techniques to help manage stress and anxiety  
-Learn about campus resources for students experiencing stress, anxiety, and loneliness |
| October 7, 2020  
Adam Arechiga, PsyD, DrPH, MA  
Associate Dean, Academic & Student Affairs, School of Behavioral Health  
Sponsored by: Loma Linda University School of Behavioral Health | | |
| Improving Sleep Quality for Optimal Learning and Better Health | Learn about the importance of sleep and understand simple behaviors we can adopt to improve our sleep and ultimately our lives. | -Understand how life choices, stress, and study habits affect our sleep  
-Learn how important proper sleep is to our body’s functioning  
-Explore simple interventions that can solve many common sleep problems |
| October 21, 2020  
Roger Seheult, MD  
Physician, Pulmonology & Sleep Medicine, Beaver Medical Group  
Sponsored by: Loma Linda University School of Medicine | | |
| The Impact of Errors in Clinical Practice and Q&A Session  
Livestreamed October 13, 2020, 9:00 - 10:35 am @ home.llu.edu/waws | Explore a practical approach to understanding the aftermath of medical errors. | -Explore the impact of medical errors from the health care providers’ perspective  
-Hear patient stories related to medical errors  
-Learn strategies for recovering professionally and emotionally after a medical error occurs  
Panelists: Grace Oei, MD, MA, HEC-C; Huy Le, PharmD; Jana Boyd, PhD, LMFT; Chris Johnston, JD; Doug Rakoski, OTD, OTR/L, ATP; Ellen D’Errico, PhD |
| November 4, 2020  
Panel Discussion Moderated by Dr. Gerald Winslow, PhD  
Director, Center for Christian Bioethics, School of Religion  
Sponsored by: Loma Linda University Schools of Pharmacy, Nursing & Allied Health Professions | | |
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<tr>
<th>Event Title</th>
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<tr>
<td>Live BETTER to get Gut Healthier</td>
<td>January 13, 2021</td>
<td>JeJe Noval, PhD, RDN</td>
<td>Loma Linda University School of Allied Health Professions</td>
<td>Learn about the connection between gut health and its effects on overall health.</td>
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<tr>
<td>A Fine Balance: Addressing academic burnout, soul fatigue, hurry sickness &amp; other student snags</td>
<td>February 3, 2021</td>
<td>Karl Haffner, M.Div., MBA, PhD</td>
<td>Loma Linda University School of Dentistry</td>
<td>A fun and lighthearted look at the frenzied pace and crazy calendars that student survival demands. Participants will discover that “letting the Spirit control your mind leads to life and peace” (Rom. 8:6, NLT).</td>
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<td>Healthy Habits for Lifelong Wellness</td>
<td>March 3, 2021</td>
<td>April Wilson, MD, MPH, FACPM</td>
<td>Loma Linda University School of Pharmacy</td>
<td>Explore how lifestyle affects overall health and learn about healthy habits that can support lifelong wellness.</td>
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<td>Before and After “I Do” – 3 Keys to Relationship Bliss</td>
<td>April 7, 2021</td>
<td>Filip Milosavljevic, M.Div.</td>
<td>Loma Linda University School of Religion</td>
<td>Learn how loving relationships are rooted in the love of God and enhance each partner through a foundation of love for ourselves and others.</td>
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