TUESDAY, APRIL 21
SHOW OFF SCHOOL FEATURING
JONATHAN BURNS
7:00 p.m. CST | https://youtu.be/trfduht3EqQ
Jonathan Burns has been showing off his entire life, and now he can teach you to be a showoff too! Jonathan teaches circus magic and party tricks using items you already have around the house. Wow your family, learn a new skill, and have a few laughs with a one-of-a-kind expert in the field. He's been seen on AGT, Penn and Teller Fool Us, at 100's of colleges, and by millions of people on YOUTUBE.

WEDNESDAY, APRIL 22
CONTENTS UNDER PRESSURE: STRESS MANAGEMENT
2:30 – 3:30 p.m. CST | email Jo.Christian@mtsu.edu
Keep up with managing the stress that comes along during the rest of the semester. Counseling Services is offering you an opportunity to learn some techniques to manage stress and self-care.

THURSDAY, APRIL 23
CAREER CHAT
2:30 p.m. CST | https://zoom.us/j/4598656253
The MTSU Career Development Center is hosting a weekly online drop-in career focused conversation.
MINDFULNESS-BASED STRESS REDUCTION
3:00 - 4:00 p.m. CST | email Jessica.gann@mtsu.edu or call 615-898-2670
Join Counseling Services for a Zoom workshop on how to cope with stress, pain, and everyday challenges.
SLAM POETRY WORKSHOP
7:00 p.m. CST | https://mtsu.zoom.us/j/93095120593
National touring poets Angelica Marie Aguilera and Melania-Luisa Marte will guide you through a workshop on SLAM poetry, story-telling, and how to develop your own creative writing style. The workshop will move through three themes: What is SLAM poetry/how is it effective at telling stories; what literary elements are used in SLAM poetry; and how to write your own SLAM poem. Password: create

Enjoy free entertainment streamed directly to you through your home internet connection!