MARSHALL ONLINE
FALL '25 EVENTS

Fuel, Move, Rest: Foundations of Everyday Wellness
8/24/25
12 PM
Join

Out of the Shadows: Understanding & Coping with Depression
Join
9/25/25
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Read, Plan, Succeed: A Syllabus Survival Guide for Online Students
8/26/25
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Caring for You, Caring for Them: Self-Care for Student Parents
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10/1/25
12 PM

Mastering Your Minutes: Time Management for Online
9/3/25
12 PM
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More Than a Mirror: Eating Disorders & Body Image Support
Join
10/2/25
6 PM

Online & Career Ready: An Overview of Career Education Services for Online Students
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Business Employer Panel
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Finding Your Flow: Balance & Boundaries in Online Life
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Beyond the Urge Demystifying Obsessive-Compulsive Disorder
Join
10/16/25
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Anxious Times: Strategies for Managing Worry & Stress
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Real Talk: Navigating Self-Harm & Finding Healthier Ways
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10/23/25
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Staying Centered: Mindfulness & Stress Relief for Busy Students
9/24/25
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Virtual Countdown to Commencement
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10/23/25
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