

October 15 - 21, 2019

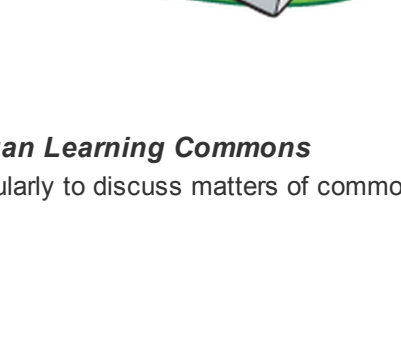
[Stories of Incarceration](#) | [President's Lecture Series](#)
[Campus Dining Survey](#)

Tuesday, October 15

Just Mercy Book Club

11:30 a.m. | Newman Room, 2nd Floor of the Lorraine Tegan Learning Commons

This is an opportunity for you to explore your ideas and reactions to the common read, Just Mercy.



Anatomy and Physiology I Study Group

12:30 p.m. | 2nd Floor of the Lorraine Tegan Learning Commons

Anatomy and Physiology study groups meet regularly to discuss matters of common interest.

Stories of Incarceration

12:30 p.m. | College Hall 202

Inmates recount straight forward stories of incarceration, opportunities lost, family impact, personal insight, addictions, greed, interaction with the criminal justice system as well as positive actions, personal responsibility and decision making.

EN 105 Learning Community

3:30 p.m. | Lorraine Tegan Learning Commons, Room 301

Gather with your peers and academic coaches to work on your writing assignments.

Corn Hole Tournament

7 p.m. | Lower Student Center

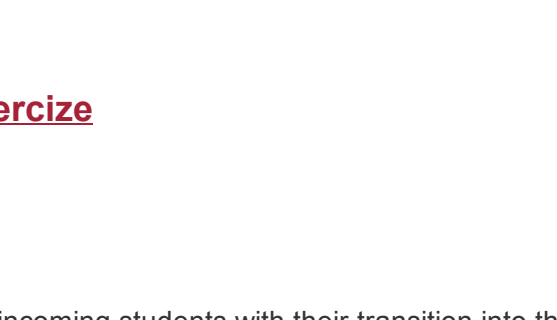
Wednesday, October 16

Mid-Term De-Stress

Therapy Dog Visit

11 a.m. - 1 p.m. | First Floor of the Library

Take a break from studying to de-stress with the Dog B.O.N.E.S therapy dogs!



EN 105 Learning Community

2 p.m. | Lorraine Tegan Learning Commons, Room 301

Gather with your peers and academic coaches to work on your writing assignments.

Men's Soccer vs. Lasell

4 p.m. | Regis

Wellness Wednesdays: Jazzercise

4:30 p.m. | Maria Hall Dance Studio

First Year Seminar Cafe

5:30 p.m. | Angela Hall Lounge

These events are designed to support incoming students with their transition into the academic and co-curricular experience at Regis.

Health Care by Zip Code: So What?

6:15 p.m. | Casey Theatre, Fine Arts Center

Yes, your Zip Code does matter! One's life is affected not only by genetics, lifestyle, and risk-taking behaviors, but by social and environmental factors as well. A part of the [President's Lecture Series](#).

Women's Volleyball vs. Saint Joseph's (Me.)

7 p.m. | Regis

Women's Soccer vs. Lasell

7:30 p.m. | Regis

Fear Factor

7:30 p.m. | Lower Student Center

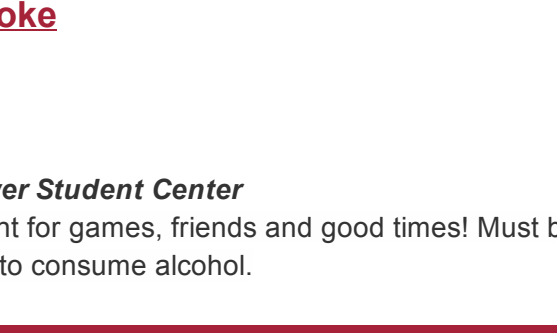
Face your fears and win prizes by competing in this test of bravery and perseverance hosted by the [Center for Student Engagement](#)!

Thursday, October 17

EN 105 Learning Community

12:30 p.m. | Lorraine Tegan Learning Commons, Room 301

Gather with your peers and academic coaches to work on your writing assignments.



TEA (Thursday English Afternoons)

3 p.m. | 2nd Floor of the Lorraine Tegan Learning Commons

Are you looking for casual English conversation practice? Or, are you interested in learning about cultures different from your own? Join us for T.E.A!

Accountabili-buddies

3:30 p.m. | 2nd Floor of the Lorraine Tegan Learning Commons

accountabilibuddy (noun); blending. a person who assists another in keeping them responsible for their actions and to prevent them from doing certain things. Did you know that people are 65% more likely to accomplish a goal after making a commitment to someone? Even better than that... if you have a specific accountability meeting time with someone else, you will increase your chance of success by up to 95%!

Field Hockey vs. Mount Holyoke

7 p.m. | Regis

'66 Social

9 - 11 p.m. | Class of '66 Tavern, Lower Student Center

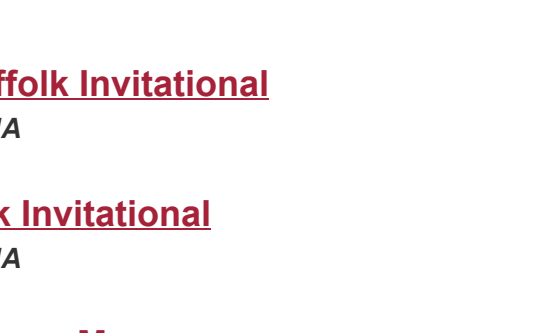
Join the Center for Student Engagement for games, friends and good times! Must be 21+ with proper government issued ID to consume alcohol.

Friday, October 18

Anatomy and Physiology I Study Group

11 a.m. | 2nd Floor of the Lorraine Tegan Learning Commons

Anatomy and Physiology study groups meet regularly to discuss matters of common interest.



Saturday, October 19

Field Hockey vs. Colby-Sawyer

11 a.m. | Regis

Men's Swimming and Diving: Roger Williams Invitational

11 a.m. | Roger Williams University



Women's Swimming and Diving: Roger Williams Invitational

11 a.m. | Roger Williams University

Women's Volleyball vs. Wentworth

12 p.m. | Regis

Women's Soccer vs. Anna Maria

1:30 p.m. | Regis

Screemfest at Canobie Lake Park Trip

2 p.m. | Canobie Lake Park, Salem, NH

Join the [Center for Student Engagement](#) for a trip to [Screemfest at Canobie Lake Park](#) with five TERRIFYING haunted houses, your favorite Canobie rides, freaky LIVE Shows, ROCKtoberfest tributes to legendary rock bands and much more! **The BUS will depart from the College Hall Foyer at 2 p.m. and will depart the park at 9 p.m.** Sign up in the Center for Student Engagement (LSC Rm 111). Tickets are \$10 for students and \$15 for guest and include transportation and park entry.

Women's Cross Country: Suffolk Invitational

2:30 p.m. | Franklin Park - Boston, MA

Men's Cross Country: Suffolk Invitational

2:30 p.m. | Franklin Park - Boston, MA

Women's Volleyball vs. Southern Me.

4 p.m. | Regis

Men's Soccer vs. Rivier

4:30 p.m. | Regis

Sunday, October 20

Sunday Mass

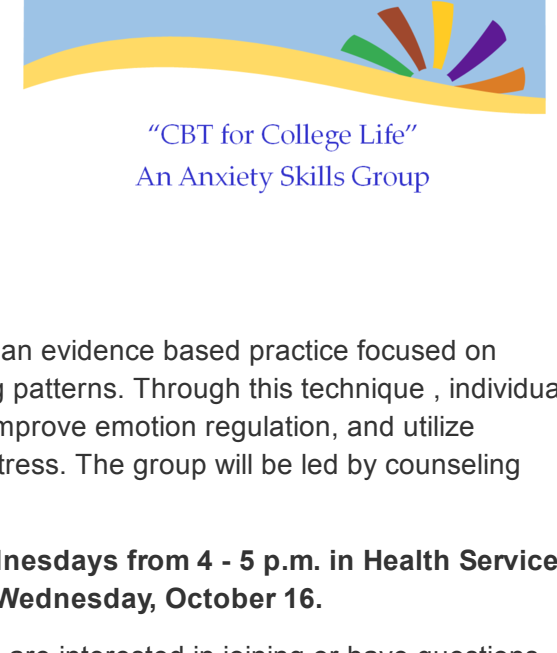
5:45 p.m. | Chapel

All are welcome at weekly Mass. Food will be served following the service.

Student Government Association Meeting

7 p.m. | College Hall 202

Join SGA in their bi-weekly meetings and let your voice be heard on campus issues and discussions.

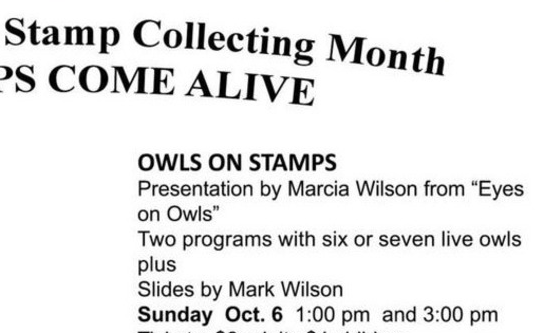


Monday, October 21

LASO Quad Takeover

12:30 - 2 p.m. | Quad

Join the Latin American Student Organization (LASO) to kick off LatinX Heritage Week with some exciting games and activities on the Quad!



Mindful Mondays

1:30 p.m. | 2nd Floor of the Lorraine Tegan Learning Commons

Is stress getting in the way of your academics and life? Join us on Mondays as we explore fun and useful techniques for centering and increasing awareness! Questions? Contact [Danéa Cosgrove](#).

Pumpkin Carving

7:30 p.m. | Lower Student Center

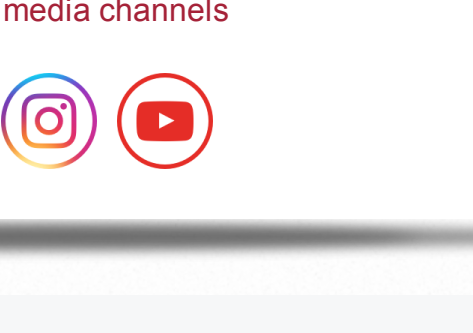
Come take a pumpkin carving lesson by our master pumpkin sculptor! We'll supply everything you need to create a jack-o-lantern masterpiece! Sponsored by the Center for Student Engagement.

[Click here for a full list of campus events >>](#)

CAMPUS ANNOUNCEMENTS

Campus DiningStyles Survey

We are conducting a study to better understand your campus dining satisfaction and preferences. By sharing your thoughts, we will gain valuable insight to help improve your overall experience.



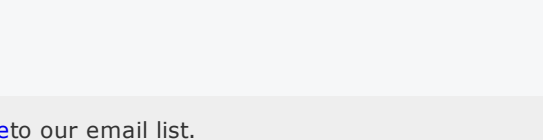
This online survey will take no more than 10 minutes and your responses are confidential. At the end of the survey, you will have an opportunity to enter your contact information if you wish to **enter the drawing for a grand prize of \$150 e-card or 3 first prizes of \$50 e-cards**.

We appreciate your time and thank you for your assistance!

[Click here to take the survey >>](#)

CBT for College Life: An Anxiety Skills Group

This is a 5-week group for students who are experiencing increased anxiety. Students will have the opportunity to learn ways to manage their anxiety and find ways to get back to enjoying their life.



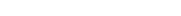
Cognitive Behavioral Therapy (CBT) is an evidence based practice focused on challenging negative, unhelpful thinking patterns. Through this technique, individuals learn to change unhealthy behaviors, improve emotion regulation, and utilize effective coping strategies in times of stress. The group will be led by counseling center staff.

Group meetings will be held on Wednesdays from 4 - 5 p.m. in Health Services. The first meeting will take place on Wednesday, October 16.

Please contact [Kathryn Klickstein](#) if you are interested in joining or have questions about the group.



Tickets available at the door or may be ordered in advance (highly suggested for the owl shows)
at info@spellman.org or 781-768-8367
Program supported in part by the Weston Cultural Council



Spellman Museum of Stamps & Postal History
Regis College 241 Wellesley St. Weston, MA 02493
www.spellmanmuseum.org

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