

Installments

VOL 2 Issue 7

THE NUMBER TWO NEWS SOURCE AT WAKE

MARCH

A NEW TYPE OF FUN-EMPLOYMENT



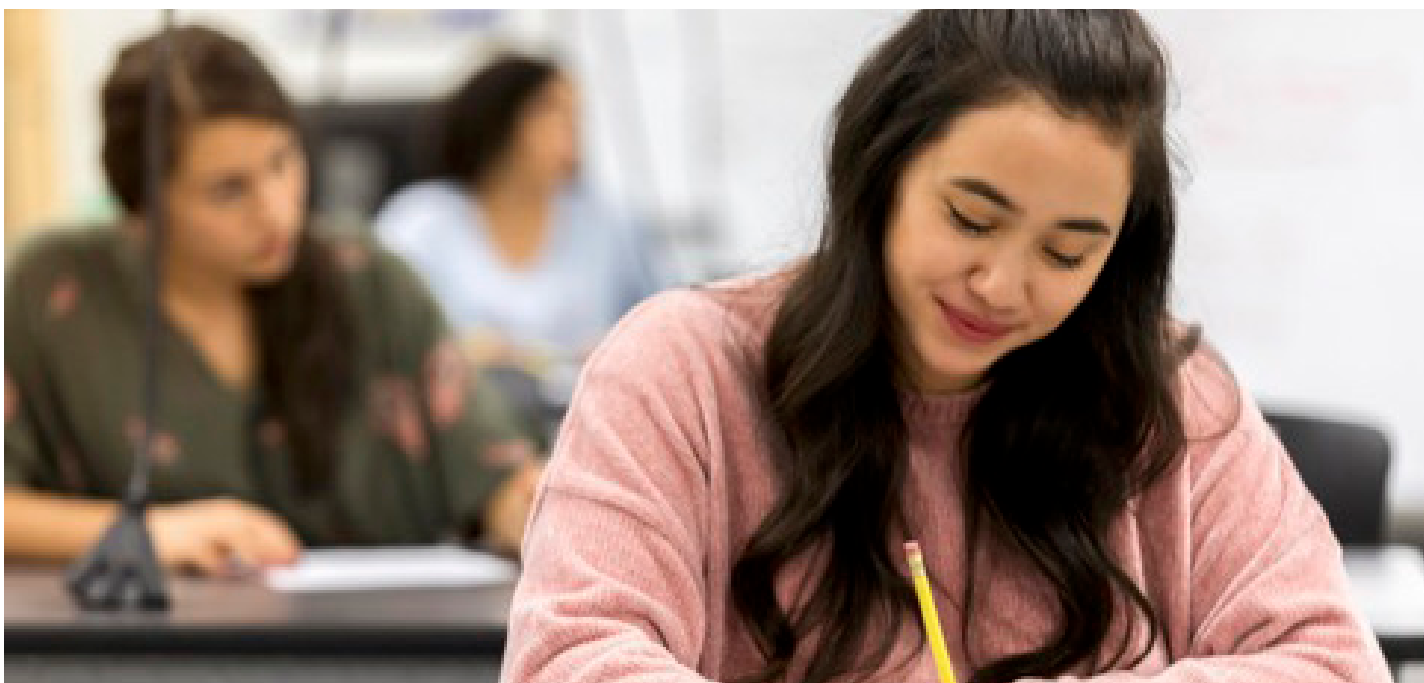
Are you staying in Winston-Salem for the Summer? Or thinking about a side hustle for the fall semester?

Either way, if you are looking for a fun way to get involved and build professional skills, Campus Recreation is hiring for Part-time employment!

We have numerous positions available within the Wellbeing Center, including Fitness Attendants, Personal Trainers, Group Fitness Instructors, Lifeguards, Swim Instruc-

tors, Welcome Desk, Building Supervisors, and more! Part-time employees will benefit from a flexible work schedule, professional development, and a great team surrounding them.

Interested candidates can find more information on our website by scanning the QR code!



BATTLING TEST ANXIETY

Do you get nervous before a test? Are you able to settle down once you start answering the questions? Do you remain anxious throughout the entire test?

Dr. Jackie Friedman from CLASS and Dr. Rachel Conway from Athletics will break down the testing pro-

cess and share strategies for managing performance anxiety in an academic setting.

Join us for our March OWLS talk titled, "When Tests Aren't Optional: Strategies for Battling Test Anxiety." Dr. Conway and Dr. Friedman plan to bring their dogs to the event, workshop partici-

pants will get to cuddle and play with their pets after the talk. Free WFU t-shirt and swag for all participants.

When Tests Aren't Optional: Strategies for Battling Test Anxiety.

**March 29th 5:30 PM
WakerSpace**

THIS MONTH

UPCOMING INTRAMURAL REGISTRATION PERIODS

March Madness Bracket Challenge 3/7-3/14

3v3 Water Basketball League 3/7-3/14

Free Throw Contest 3/14-3/23

Softball League 3/14-3/23

Disc Golf Tournament 3/21-3/30

Handball Tournament 3/28-4/6

CAMPUS REC EVENTS

March Lifeguard Certification March 13, 16, 18

GLOW Week with Group Fitness March 20-24

April Lifeguard Certification March 31, April 1, 2

Scuba Certification (have to come to all three)

March 31, April 14, April 21