### COMMUNITY LIVING

#### PARTY SMART:
Regardless of your experience with alcohol or drugs, come to this session and learn how to party safely and responsibly.

#### LEAD WITH YOUR HEART:
People constantly see social issues including poverty, war, immigration, and others. What is influenced by your own perception of what makes you, you? Together we will look at our own identities and values to better understand what kind of leader we are within our own communities. We will talk you on a path of self-discovery and exploration by reflecting on your past, present, and future identities and how those shape your role as a leader.

### HEALTH AND WELLNESS

#### HOT AND SPICY:
A fun and comfortable atmosphere to learn about sexual health. The more you learn, the safer you are. University can make you less track of who you are. Come out and learn the basics of mental health and wellness.

#### HEALTHY MINDS:
First year can be stressful. Come to this session and learn some tricks to relax and unwind.

#### WARRIOR WAYFINDING YOUR PATH TO PHYSICAL ACTIVITY:
Want to get active but don’t know how? This session will take you through the importance of Physical Activity and how it can help you be a better student. It will inspire you on the plethora of ways to get active on campus and will highlight what the Waterloo Warriors can do to help you achieve your goals.

### PROFESSIONAL DEVELOPMENT

#### RESUME 101:
Whether you are in a regular or co-op program, attend this session for some easy tips on polishing up your resume.

#### COLLABORATIVE PROGRAMMING:
Version control is one of the most invaluable tools used by a modern developer. Come to this workshop to learn how to build software collaboratively and quickly. Beginners welcome.

#### CO-OP APPS:
Get to know the JobMine system and as you apply for your first set of co-op jobs at Waterloo. Taught by UW co-op students for UW co-op students.

#### LEADING ON YOUR RESUME:
Learn how to harness your leadership skills on your resume and in an interview to be a successful candidate in the job search.

#### ENTREPRENEURSHIP 101:
This program is influenced by your own perception of what makes you, you. Together we will look at our own identities and values to better understand what kind of leader we are within our own communities. We will talk you on a path of self-discovery and exploration by reflecting on your past, present, and future identities and how those shape your role as a leader.

#### MORE THAN JUST A NUMBER:
University can make you lose track of who you are. Come out and learn the basics of mental health and wellness.

#### LEAD WITH YOUR HEART:
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### DIVERSITY AND INCLUSIVITY

#### EMBRACE:
What makes you unique? Come to this session to discuss and embrace your individual identity.

#### LET’S TALK SERIES:
What makes you unique? Come to this session to discuss and embrace your individual identity.

#### LET’S TALK:
Let’s talk about body image and gender issues. This sessions promises a discussion and what we can do to change culture with small steps.

#### LEAD WITH YOUR HEART:
People constantly see social issues including poverty, lack of education, inclusivity, drug abuse, and sexual abuse, as problems that only governments are supposed to deal with. Let’s talk about how you can have a positive impact on people and the power you possess to be change-makers. Reality is hard to face, but facing it is the only way we can have a new reality.

### ACADEMIC DEVELOPMENT

#### STUDY STRATEGIES:
Learn how to approach reviewing and test-taking more effectively. We will cover a variety of test formats and various strategies for learning and reviewing.

#### TEST PREP AND TEST ANXIETY:
If you find yourself panicking the night before a test, or forgetting everything once you get to the test, come by and learn how to reduce test anxiety.

#### TIME MANAGEMENT:
Discuss how to break old habits and how to implement realistic time management strategies in a way that is fresh and relevant for you.

### PERSONAL DEVELOPMENT

#### ATTENDING A COOL EVENT OR WORKSHOP ON CAMPUS? TELL US ABOUT IT AND EARN A PERSONAL DEVELOPMENT CREDIT!
For more information regarding the Personal Development pillar please email maxizipotential@uwaterloo.ca.

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**LOCATIONS**

- **UWP:** UWP Beck Hall Community Centre
- **V1 MPR:** V1 Multi-Purpose Room
- **REV NQL:** REV North Quad Lounge

**QUESTIONS**

- Contact your Don or email maxizipotential@uwaterloo.ca
- **LIKE US ON FACEBOOK**
  UW Maximize Potential
- **FOLLOW US ON INSTAGRAM**
  @uwaterloo_maximizepotential

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**ATTEND ONE SESSION FROM EACH PILLAR TO RECEIVE A MAXIMIZE POTENTIAL CERTIFICATE FROM WATERLOO RESIDENCES.**

**MAXIMIZE POTENTIAL CERTIFICATE PROGRAM**

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**PLEASE RECYCLE C011985**