The Office of Health Promotion is committed to providing a premiere resource and referral hub for information on topics stretching the six dimensions of health: Social, Physical, Intellectual, Cultural, Emotional, and Spiritual. The mission of the Office of Health Promotion is to provide free evidence-based health resources, facilitate opportunities for students to build skills that empower them to make healthy lifestyle choices, and to instill a sense of personal responsibility for individual health and its impact on the health of the community. Professional staff members are qualified to consult with students on the latest information on college health issues and develop programs and educational opportunities for students, while peer educators are trained to provide peer-to-peer programs on alcohol and other drugs, sexual assault, sexual health, nutrition, and fitness.

We view student health as an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle. We support the Healthy Living Learning community for first year students and publish Student Health 101 and the Stall Street Journal across campus. The Office of Health Promotion offers many opportunities to be engaged on many health topics, including one-on-one consultations around nutrition, fitness, sleep, stress and time management, and alcohol/tobacco use. The Thrive 365 program is one of the ways we coordinate our support of healthy initiatives. Students can enroll in this program and receive rewards called “Love Bucks” for attending events and supporting programming on campus that challenges them to lead a healthy lifestyle.

Our student organization POWER stands for Peers Offering Wellness Education and Resources. This group of students from all majors, years and backgrounds have one thing in common—they are passionate about health and well-being! Through trainings focused on various content areas (alcohol and other drugs, sexual assault, nutrition, time management, etc.) AND practice in fields such as public speaking, facilitation, and program planning, they work to bring new and creative programs and initiatives to the campus!

For more information on the events and programs coordinated by the Office of Health Promotion please click here! We encourage students to stop by the first floor of the Health Services Building and talk with a staff member or call to schedule an appointment at 610-519-7407.
COMMENCEMENT WEEKEND 2019!

We hope that you can join us in celebrating the many accomplishments of the Class of 2019 during Commencement weekend! On Friday, May 17, at 4:30 p.m., the Undergraduate University Commencement Ceremony will take place in the Villanova Stadium and the President’s Reception will immediately follow in the Connelly Center. The individual College Convocation ceremonies and the Baccalaureate Mass will be held on Saturday, May 18.

Villanova University offers a complimentary text messaging system for Commencement 2019 updates. The system provides guests with updates via text regarding parking and traffic, as well as notification should any Commencement events be moved due to weather or an unexpected circumstance.

To register for the commencement text message system, and for a full schedule of events, please visit our website at villanova.edu/commencement.

FUTURE COMMENCEMENT DATES:
May 15–16, 2020
May 14–15, 2021

LOOKING AHEAD. . .

SAVE THE DATE FOR FAMILY WEEKEND 2019

We hope you can join us for Family Weekend on September 27–29! We are planning many events and programs to make this a special weekend for the whole family. Look for more detailed information this summer!

If you have any questions, please contact us at www.parents.villanova.edu.
SB’s Summer Business Institute (SBI) provides a valuable opportunity for non-business students to broaden their perspective with an understanding of business. SBI’s full-time, ten-week program, designed exclusively for non-business students, provides a rigorous, holistic curriculum, taught by the same full-time faculty of our nationally ranked undergraduate business program, along with hands-on learning, professional development and exposure to corporate partners.

By attracting students with backgrounds in liberal arts, the sciences, engineering, nursing and more, SBI offers an education and unique experience that has helped almost 1,800 graduates, like Lucas Michaels gain a broader perspective and realize countless possibilities! “It’s safe to say that, because of SBI, my career aspirations and trajectory were significantly ahead of the curve.” And in an unsolicited parent testimonial, Linda Wacker captured the overall value of the program best: “My son had a very intense 10 weeks, but what an amazing experience. It did him a world of good and broadened his horizons on job opportunities and careers that will be available to him down the road. SBI definitely built his confidence . . . I would highly recommend this program to anyone who has an interest in learning about business!”

Upon completion of the program, Villanova students earn a Minor in Business. Non-Villanova students are welcome to apply and earn a Certificate in Business.

One Summer. Ten Weeks. Countless Possibilities

business.villanova.edu/sbi | 610-519-4570 | sbi@villanova.edu

Beginning May 29, 2019, the College of Engineering will offer the Engineering Entrepreneurship Summer Institute (E2SI). E2SI offers a minor in Engineering Entrepreneurship (16 credits) in a condensed 7-week summer session.

E2SI is open to students of every major, across all colleges—no technical experience required! The reason this unique program is being offered University-wide is because entrepreneurial competencies are invaluable in any career. In fact, the World Economic Forum’s 2022 Skills Outlook reads as a resounding endorsement of this program. Skills like creativity, originality, initiative, problem-solving and ideation are at the core of what E2SI offers, and they are in demand by employers in every field—not just future entrepreneurs.

Discover why graduates of the minor have called Engineering Entrepreneurship “the most rewarding series of classes I have taken at Villanova,” and the minor that “helped me stand out and create a brand for myself.”

If your son/daughter wants to learn how to take ideas from paper to prototype, encourage them to apply to E2SI today!

For more information and to apply, visit www.engineering.villanova.edu/E2SI or contact E2SI@villanova.edu.

For more information for Villanova parents, visit our website at www.parents.villanova.edu.
IMPORTANT SPRING 2019 DATES

April 17  Easter Recess begins after the last class
April 23  Classes Resume
May 2    Final Day of Classes
May 3   Reading Day
May 4–10 Final Examinations (No exams on Sunday, May 5)
May 17–18 Baccalaureate and Commencement

For more information for Villanova parents, visit our website at www.parents.villanova.edu.