



Student Life *Weekly*



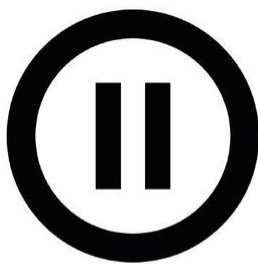
Make Student Voices Heard by Applying for VSAB

The Vice Provost Student Advisory Board, or VSAB, has been working since winter 2019 to connect the Vice Provost for Student Affairs and Dean of Students (VPDoS) and Grand Valley students to foster collaborative decision making. Through various meetings, discussions, and brainstorming sessions, the VSAB has been able to tackle pressing issues that impact students. Learn more about VSAB's impact on its current members and discover if VSAB is right for you.

[What is VSAB?](#)

Stop! Press Pause

You've probably been pushing yourself hard this semester, and you deserve to take a break. "Press Pause" is a program that encourages students to focus on the eight areas of wellness.



press pause
rest. relax. refresh.

Whether “pressing pause” means taking a nap, unwinding with some TV, or unplugging from your phone, make sure that your well-being is a priority during your college experience.

[Learn more about Press Pause](#)

Take a Break on March 10

GVSU’s first break day is on March 10, 2021. On this day, no classes will be held and no assignments will be due unless your professor has been issued a special exemption.

Now is your time to focus on YOU. Relax, take care of yourself, and remember to stay safe and mask up if you’re going outside!

[View events on Wednesday, March 10](#)

[View the full academic calendar](#)

Upcoming *Events*

Friday (3/5)

[Theatre at Grand Valley presents VICTORS OF CHARACTER](#) - 10 a.m.

[Drop-In Service](#) from 12 - 2 p.m.

[Conversations with Asian Americans in Michigan: Voices from the Midwest Writers](#) - 1 p.m.

[Relaxing Yoga](#) - 7 p.m.

[Friday Night Movie Series: Legally Blonde](#) - 9 p.m.

Saturday (3/6)

[COVID-19 Journaling Project: GVSU Archives](#) - All Day

Sunday (3/7)

[Cornhole, Spikeball and Football Bowling Drop-in Program](#) - 7 p.m.

Monday (3/8)

[Blood Drive with Versiti Blood Center of Michigan](#) - 10 a.m.

[The Handshake How-To: A guide to creating and utilizing your Handshake profile](#) - 1 p.m.

[Yard Games & Tie-Dye Masks](#) - 4 p.m.

[Unwind from the Grind: Crafting!](#) - 7 p.m.

[Press Pause: Rest. Relax. Refresh.](#) - All Day

Tuesday (3/9)

[How to Use Career Fair Plus](#) - 10 a.m.

[Resume Review Day](#) - 11 a.m.

[Motivation vs. Procrastination Workshop](#) - 1 p.m.

[Maximizing LinkedIn for your Job and Internship Search](#) - 2 p.m

[Applied Improvisation: Yes, And!](#) - 4 p.m.

[Unwind from the Grind: Crafting!](#) - 7 p.m.

[The Season Finale of The Bachelor Watch Party](#) - 7:30 p.m.

[Virtual Movie Night](#) - 8 p.m.

[Kickball & Ultimate Frisbee](#) from 9:30 - 11:45 p.m.



Office of Student Life
1 Campus Drive, 1110 Kirkhof Center
Allendale, MI 49401

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