



THE STUDENT WELLNESS PROJECT

2024 EVENT SCHEDULE

The Student Wellness Project meets Thursdays after school and select days during breaks. Participants attend workshops, job shadow, and volunteer.

PROGRAM BENEFITS

-  Develop your professional skills
-  Earn volunteer hours
-  Take trips to San Diego
-  Create a new community of friends
-  Acquire skills to land a job in the future
-  Earn a scholarship upon completion

REGISTER FOR YOUR EVENTS TODAY!

SCAN OR CLICK THIS QR CODE TO REGISTER



JANUARY 2024

THURSDAY, JANUARY 18 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 1A & 1B
 Family Resource Center, CAP Center

THURSDAY, JANUARY 25 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 2A & 2B
 Family Resource Center, CAP Center

FEBRUARY 2024

THURSDAY, FEBRUARY 1 | 3:15 p.m. - 6:15 p.m.
Resume Building & Job Application Workshops
 Family Resource Center, CAP Center

TUESDAY, FEBRUARY 6 | 3:15 p.m. - 6:15 p.m.
Resume Building & Job Application Workshops
 Family Resource Center, CAP Center

THURSDAY, FEBRUARY 8 | 3:15 p.m. - 6:15 p.m.
Resume Building & Job Application Workshops
 Family Resource Center, CAP Center

Mock Job Interviews | 3:15 p.m. - 6:15 p.m.
 Family Resource Center, CAP Center

You will only be required to attend One (1) Mock Job Interview.
 You will be assigned a date and time slot between 3:15 p.m. - 6:15 p.m.

- TUESDAY, FEBRUARY 13
- THURSDAY, FEBRUARY 15
- THURSDAY, FEBRUARY 20
- THURSDAY, FEBRUARY 22
- TUESDAY, FEBRUARY 27

MARCH 2024

THURSDAY, MARCH 7 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 1A & 1B SKILL CHECK
 Family Resource Center, CAP Center

THURSDAY, MARCH 14 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 2A & 2B SKILL CHECK
 Family Resource Center, CAP Center

THURSDAY, MARCH 21 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 1A & 1B SKILL CHECK
 Family Resource Center, CAP Center

APRIL 2024

TUESDAY, APRIL 2 | 7:00 a.m. - 7:00 p.m.
ASSET® Labs: Formula Five™ & Cooperative Communication Play™
 San Diego, California

THURSDAY, APRIL 11 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 2A & 2B SKILL CHECK
 Family Resource Center, CAP Center

THURSDAY, APRIL 18 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 1A & 1B SKILL CHECK
 Family Resource Center, CAP Center

THURSDAY, APRIL 25 | 3:15 p.m. - 6:15 p.m.
ASSET® Day 2A & 2B SKILL CHECK
 Family Resource Center, CAP Center