

# SINCLAIR TALKS-SPRING 2026

04  
FEB



11:30 AM - 12:30 PM  
NW Loggia, Library

19  
FEB



11:45 AM - 12:30 PM  
NW Loggia, Library

02  
MAR



11:45 AM - 12:15 PM  
NW Loggia, Library

05  
MAR



12:00 PM - 1:00 PM  
Bldg 20

19  
MAR



12:00 PM - 1:00 PM  
Bldg 2-334

22  
APR



12:00 PM - 1:00 PM  
Bldg 4, 3<sup>rd</sup> floor, Innov. Lab

## PATHWAYS TO PEACE: A SEASON FOR NONVIOLENCE EXPERIENCE - FREE PIZZA!

Join us as we honor the Season for Nonviolence, inspired by the legacies of Mahatma Gandhi & Dr. Martin Luther King, Jr. Explore how passion, courage, and community can transform conflict and create positive change. Mini Presentation, peace rock painting and kindness card station, reflection board, take-home resources and FREE PIZZA!

## NAVIGATING THE SCSCOH & LET'S TALK ABOUT STUDENT CLUBS & ORGANIZATIONS OVER POPCORN!

Drop in and learn about the Sinclair College Student Clubs & Organizations Hub, explore club interests, and be one step closer to being connected on campus. Free popcorn & activities!

## LIFE SKILLS SERIES "SELF DEFENSE"

Kick, block, and boost your confidence! Stop by our Basic Self-Defense Session for an upbeat, beginner-friendly experience that blends movement, safety tips, and practical skill-building. You'll learn how to protect yourself, stay aware of your surroundings and respond smartly in challenging situations. It's empowering, educational, and a great way to take charge of your personal safety. Session taught by Wayne Dumolt.

## LIFE SKILLS SERIES "BASIC CAR MAINTENANCE 101"

Ready to get under the hood? Join Sinclair's Automotive Technology Team for a hands-on session where you'll learn the basics of keeping your car running smoothly during the hot summer months. Discover how to check essential fluids, understand the value of a maintenance schedule, and gain tips on building a strong relationship with your repair shop.

## SETTING HEALTHY BOUNDARIES IN RELATIONSHIPS - RSVP ONLY SESSION

\*LIMITED SEATING\* RSVP REQUIRED. Red flag vs. green flag: What does a healthy relationship look like? Building and maintaining relationships can be challenging. You're invited to join Kettering Health Family Medicine Residents in an open conversation about effective tools and strategies for setting healthy boundaries in relationships. RSVP [HERE](#)



## LIFE SKILLS SERIES "USE AI TO STUDY SMARTER, NOT HARDER" - FREE PIZZA!

Grab some free pizza & discover fun and easy ways AI can make studying less stressful and more effective! Learn how AI can give you an edge during finals season by creating personalized study guides to help you focus on what matters most. Walk into finals week feeling less stressed and more confident!