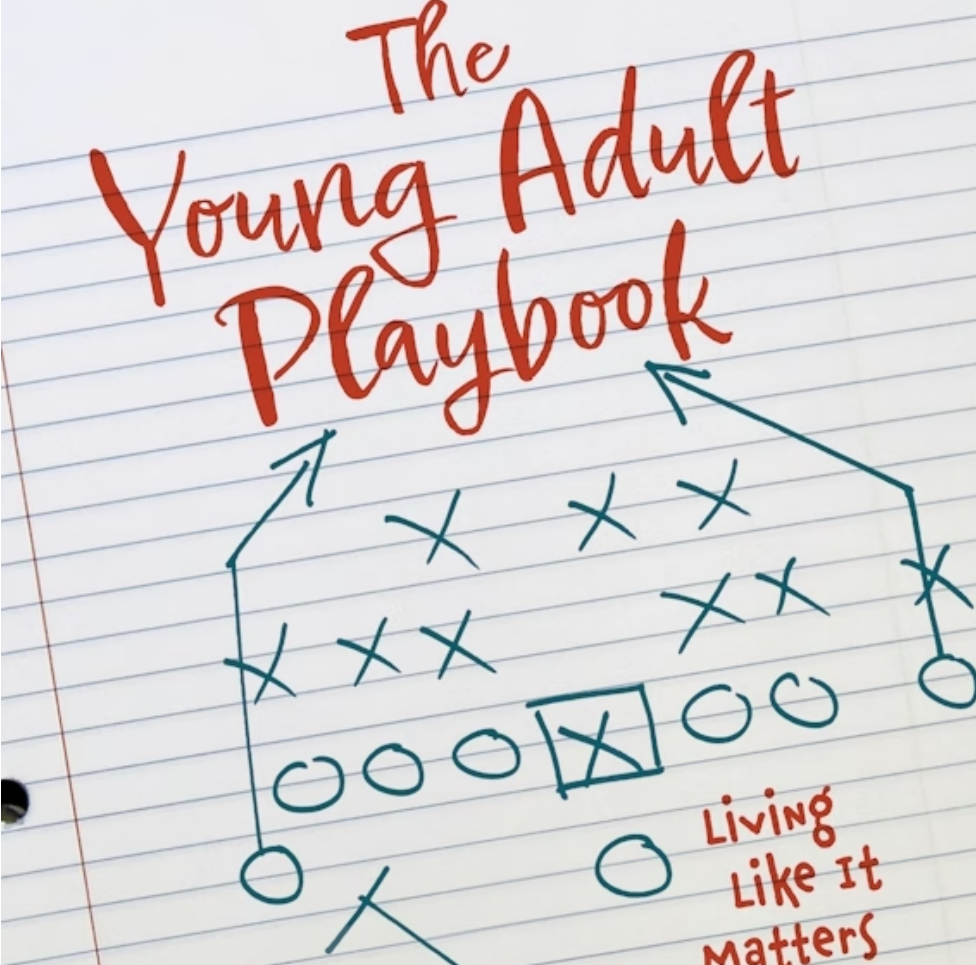




Dr. Anna Moreland

Dr. Moreland is the Anne Quinn Welsh Endowed Chair and Director of the University Honors Program at Villanova University. She is also the author of the *Young Adult Playbook* (CUA Press, 2024).

The Young Adult Playbook: Living Like it Matters

Thursday, September 10, 2026 | 6:00-7:15 p.m.

Student Community Center - Boardrooms

Co-Sponsors: Center for Catholic-Jewish Studies (CCJS), Student Affairs, Student Success and Academic Engagement, and University Athletics

Join us for a discussion with Dr. Anna Moreland on three challenges confronting young adults today: **loneliness, choice paralysis, and anxiety**. These challenges significantly affect students' decision-making, whether in committing to a major or minor or in deciding which internships will benefit them most. Dr. Moreland will offer strategies for addressing these challenges, including expanding the imagination and recovering habits and practices that enable students to live more fully and faithfully. The program will also include a brief dialogue among Dr. Moreland, Saint Leo students, and Dr. Benny Bar-Lavi, the Maureen and Douglas Cohn Visiting Chair in Jewish Thought at Saint Leo's Center for Catholic-Jewish Studies.

For questions or information on how to register please contact Laurie Gens below