

COLLEGE SURVIVAL KIT PATHWAY TO SUCCESS

FALL SEMESTER 2016

The University of Akron
Counseling and Testing Center
Simmons Hall - Room 306
330- 972-7082
<http://www.uakron.edu/counseling>

Our free workshops provide you with information and practical skills to help you succeed in college. Topic areas include:

*National Depression Screening Day
Developing Relationships
Reduce Test Anxiety
How to Earn Better Grades
Career Planning and Decision Making
Suicide Prevention*

Please sign up in advance and arrive on time for these workshops. Sign up for programs by contacting the Counseling and Testing Center, Simmons Hall Room 306 or call (330) 972-7082. Programs are in Simmons Hall room 306.

Space is limited and late arrivals will not be admitted.

Visit our Web Page at:
<http://www.uakron.edu/counseling>

THE COUNSELING AND TESTING CENTER OFFERS:

- Free Confidential Personal Counseling
- Career Decision Making
- Biofeedback
- ADHD, LD and Personality Testing
- National Tests (CLEP, ACT,LSAT, etc.)

WEB BASED RESOURCES @ WWW.UAKRON.EDU/COUNSELING

CAREER DECISION MAKING & ASSESSMENT

SIGI 3 (System of Interactive Guidance)

*O*Net (The Occupational Information Network) career decision making information, assessment, career links*

WELLNESS & MENTAL HEALTH INFORMATION

ULifeline, HalfofUs

E-CHUG, E-TOKE

Transitionyear.org – information for students and parents to make a smooth transition to college

Group Therapy – video on benefits of Group Therapy

The Trevor Project

Stress Management

STUDY SKILLS & TEST ANXIETY

Study Guide Zone, Study Tips.Org

Study Skills – Test Taking/Test Anxiety Videos

ACADEMIC PERFORMANCE

Improve Your Grades Without Studying More!

Thurs., Sept. 22 M. Akinfosile 1 p.m.

Learn strategies to improve your attention, understanding, and memory, based on the connections between mind and body and get better grades!

Reduce Test Anxiety

Mon., Oct. 3 J. Martin 1 p.m.

Reduce the anxiety and stress related to test taking.

Improve Your Comprehension & Notetaking Skills

Fri., Oct. 14 J. Martin 10 a.m.

Learn critical thinking skills, effective study techniques and how to take good notes.

Good Sleep and Academic Performance

Fri., Oct. 28 M. Altieri 11 a.m.

Learn how sleep (or lack thereof) affects our bodies and study skills.

Overcome Procrastination

Fri., Nov. 4 J. Martin 10 a.m.

Learn strategies to overcome procrastination.

CHOOSING A MAJOR/CAREER PLANNING

Managing Sexual Orientation/Gender Identity in the Workplace.

Tues., Oct. 18 E. Hayden 1 p.m.

Discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace

Heart + Head = Hustle

Fri., Oct. 28 N. Chapman 1 p.m.

Hustle teaches participants how to identify work that aligns their heart (addressing the social and environmental issues that most move them) and their head (using their unique gifts).

WHO WE ARE

Safe Zone Ally Training

Mon., Sept. 19 E. Hayden 1 p.m. – 3 p.m.

Learn how to support the gender and sexual minority community and create an affirming campus climate.

Mosaic: Women of Color

Wed., Sept. 21 J. Lee & M. Akinfosile 11 am -12 p.m.

A workshop for women of color to address academic/life stressors, develop a community of trust, and to facilitate the adjustment process at a PWI (Predominately White Institution).

Culture Shock

Tues., Sept. 27 J. Lee & N. Keramidas 11 a.m.

Discuss signs/symptoms of culture shock, understand stages of cultural adaptation and learn coping strategies.

Trailblazers: First Generation College Students Tell Their Stories

Fri., Sept. 30 D. McDonald & N. Keramidas 11 a.m.

Share your experiences as a first generation college student, identify unique stressors and establish strategies for success.

I Am Not My Hair

Fri., Oct. 7 M. Akinfosile 1 p.m.

Body image and colorism concerns of Black Women.

Transgender Awareness

Tues., Oct. 11 E. Hayden 11 a.m.

Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

THINK ABOUT IT

She Was Asking For It: Beliefs and Myths About Sexual Assault

Mon., Sept. 26 E. Hayden & M. Akinfosile 1 p.m.

Learn some common beliefs about rape and how these relate to your likelihood of being involved in a sexual assault.

Empowering the Bystander

Fri., Oct. 21 J. Martin & E. Hayden 1 p.m.

Learn how to identify and act to prevent sexual violence by distracting, delegating or intervening to create a safe environment for everyone.

INCREASING WELLNESS

Suicide Prevention

Wed., Sept. 7 E. Hayden 11 a.m.

Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

Coping With Grief

Tues. Oct. 4 M. Akinfosile 1 p.m.

Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

Stress Management Through Biofeedback

Wed., Oct. 5 E. Hayden 11 a.m.

Biofeedback teaches you to consciously improve your body's response (e.g. heart rate rhythm) to stress through information provided by computer graphics and tones. It is useful for reducing test anxiety and general life stress.

Discussing Our Choices

Mon., Sept 12 M. Altieri & N. Keramidas
1 p.m. – 3 p.m.

Wed., Sept. 28 E. Hayden
10 a.m. – 12 p.m.

Fri., Oct. 14 J. Lee
2 p.m. – 4 p.m.

Tues., Oct 25 D. McDonald & N. Chapman
9 a.m. – 11 a.m.

Fri., Nov. 11 J. Lee & M. Akinfosile
1 p.m. – 3 p.m.

Fri., Dec. 2 M. Altieri
10 a.m. – 12 p.m.

Thur., Dec. 8 E. Hayden
1 p.m. – 3 p.m.

Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

SUPPORT GROUPS

Supersize Your Relationships Group

M. Altieri & M. Akinfosile
Tue., Begins Sept. 27 2:30-4:00 p.m.

S. Rieder Bennett & N. Keramidas
Wed., Begins Sept. 28 3:30 -5:00 p.m.

D. McDonald & N. Chapman
Mon., Begins Oct. 10 3:00-4:30 p.m.

Learn and apply skills to build successful and lasting relationships with support from others.

Anxiety Management Group

J. Lee (4 sessions)
Thurs., Oct. 6 – Oct. 27 2:00-3:00 p.m.

J. Lee & C. Smith (4 sessions)
Tue., Nov 1 – Nov. 29 1:00-2:00 p.m.

Learn the types and symptoms of anxiety and practice better coping skills.

Acceptance and Commitment Therapy Group (ACT)

M. Altieri & E. Hayden (4 sessions)
Mon., Oct. 3 – Oct. 24 2:00-3:00 p.m.

M. Altieri (4 sessions)
Mon., Oct. 31 – Nov. 28 2:00-3:00 p.m.

E. Hayden & M. Akinfosile (4 sessions)
Wed., Nov. 2 – Nov. 30 11:00 am – 12:00 p.m.

Learn skills to assist to deal with life struggles. An ideal group for people with depression or anxiety.

Understanding Emotions Group

D. McDonald & S. Sanders (5 sessions)
Wed., Oct.19 – Nov. 16 1:00-2:00 p.m.

Learn how to better understand and cope with your emotions.

Divergent: Live Your Strengths Group

N. Chapman & N. Keramidas (6 sessions)
Thurs., Oct.20 – Dec. 8 3:00-4:00 p.m.

Discover your strengths and learn to use them to reach your goals.