

# COLLEGE SURVIVAL KIT SUCCESS EXPRESS

**Fall Semester 2022**

The University of Akron  
Counseling and Testing Center  
Simmons Hall - Room 306  
330- 972-7082

<http://www.uakron.edu/counseling>

**National Depression Screening Day - October 6, 2022**  
(10 minute screenings - Student Union/Polsky Bldg.)

**Kognito At Risk Training - [uakron.kognito.com](http://uakron.kognito.com)**  
(45 minute mental health training simulation)

Our free groups provide you with information and practical skills to help you succeed in college and address other concerns. Topics include:

**Supersize Your Relationships**  
**BLAkron:Black & Connected**  
**Anxiety Management**  
**Discussing Our Choices**  
**Feel Better Fast**

Please sign up in advance and for these groups by contacting the Counseling and Testing Center call (330) 972-7082.

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

## SUPPORT GROUPS

### **Anxiety Management Group**

Thurs., Sept. 15 – Oct. 13	5 sessions	N. Keramidas & R. Hickin	2 p.m. – 3 p.m.
Wed., Oct. 12 – Nov. 9	5 sessions	E. Hayden	2 p.m. – 3 p.m.
Fri., Oct. 21 – Nov. 18	5 sessions	P. Jones & N. Bitecofer	1 p.m. – 2 p.m.

Learn effective strategies to manage demanding and stressful situations by improving self-care, positive emotions, happiness, and resiliency in a warm and supportive group environment and learn coping strategies for anxiety.

### **Feel Better Fast**

Tues, Sept. 20 – Oct. 11	4 sessions	J. Martin and P. Jones	4 p.m. – 5 p.m.
Mon., Oct. 17 – Nov. 7	4 sessions	D. McDonald & N. Keramidas	2 p.m. – 3 p.m.
Fri., Oct. 28 – Nov. 18	4 sessions	M. Altieri & A. Capuano Fant	11 a.m. – 12 p.m.

Learn some unique skills to assist in dealing with life challenges and start on the path to improvement. This is an ideal group for people struggling with depression or anxiety.

### **Supersize Your Relationships Group**

Mon., Sept. 26 – Nov. 28	P. Jones & N. Keramidas	3:00 p.m. – 4:30 p.m.
Tues., Sept. 20 – Nov. 29	M. Altieri & R. Hickin	2:30 p.m. – 4:00 p.m.
Wed., Sept. 21 – Nov. 30	D. McDonald & S. Mosley	3:30 p.m. – 5:00 p.m.
Thurs., Sept. 29 – Dec. 1	E. Hayden & A. Capuano Fant (LGBT Focus)	3:00 p.m. – 4:30 p.m.

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

### **BLAkron: Black & Connected**

Thurs., Sept. 29 – Dec. 1	P. Jones & S. Mosley	3:00 p.m. – 4:30 p.m.
---------------------------	----------------------	-----------------------

A group for Black/African American students to share their experiences on a PWI campus for support connection and community.

### **Discussing Our Choices**

Mon., Sept. 19	P. Jones & S. Mosley	3:00 p.m. – 5:00 p.m.
Fri., Oct. 21	M. Altieri & A. Capuano Fant	10:00 a.m. – 12:00 p.m.
Fri., Dec. 2	D. McDonald & R. Hickin	1:00 p.m. – 3:00 p.m.

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

The Counseling and Testing Center offers culturally responsive psychological and testing services. For more information visit the web page [www.uakron.edu/counseling](http://www.uakron.edu/counseling).

## WEB BASED RESOURCES @ [WWW.UAKRON.EDU/COUNSELING](http://WWW.UAKRON.EDU/COUNSELING)

### WELLNESS & MENTAL HEALTH INFORMATION

**Kognito At Risk training** – 45 minute mental health training simulation

Link to site:

1. Go to [uakron.kognito.com](http://uakron.kognito.com)
2. All new users to the platform must create an account please use your University of Akron email.
3. Users creating an account will then have to agree to the Terms and Conditions Privacy Policy to complete registration.
4. Once users see the confirmation message of their account being created on the screen, select 'Sign In' and sign in with your new account.
5. Select your role.
6. When those are complete, you will see a course listed – select 'Launch' to complete the simulation.

ULifeline, Half of Us

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, The Steve Fund

Stress Management

### STUDY SKILLS & TEST ANXIETY

- [Study Skills and Testing Taking](#)
- [Study Resources and Test Taking Tips \(studyguidezone.com\)](#)
- [Study Tips \(studyguidezone.com\)](#)
- Part 1: [Anxiety Basics, Preparation Basics, Cognitive Changes](#)
- Part 2: [Day of the Test, Test Taking Strategies, Stress Management Basics](#)
- [Test Anxiety](#) - Specific instructions on how to remain calm in stressful testing situations
- [Download the PDF slideshow](#) - improve your study skills, test taking, and test anxiety management.

### CAREER DECISION MAKING & ASSESSMENT

O\*NET Resource Center for career exploration.

[O\\*NET OnLine \(onetonline.org\)](http://onetonline.org)

O\*NET OnLine is a web-based program that provides details of occupations, such as skills, knowledge, interests, and activities.