

COLLEGE SURVIVAL KIT SUCCESS EXPRESS

Spring Semester 2022

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

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

Our free groups provide you with information and practical skills to help you succeed in college and address concerns such as those around COVID. Topics include:

Taking Care Week February 21, 2022

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

Wed., Jan. 26 – Feb. 23	5 sessions	L. Evans & C. Hommer	1 p.m. – 2 p.m.
Fri., Feb. 11 – Mar. 11	5 sessions	N. Keramidas & N. Tang	1 p.m. – 2 p.m.
Mon., Mar. 28 – Apr. 25	5 sessions	E. Hayden & E. Thornton	2 p.m. – 3 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

Fri., Feb. 4 – Feb. 25	4 sessions	D. McDonald & C. Michael	11 a.m. – 12 p.m.
Thur., Feb. 24 – Mar. 17	4 sessions	J. Martin & H. Xu	2 p.m. – 3 p.m.
Wed., Apr. 6 – Apr. 27	4 sessions	C. Hommer & B. Opara	2 p.m. – 3 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

Group Screening Required

Mon., Feb., 7 – Apr. 25	P. Jones & N. Keramidas	3:00 p.m. – 4:30 p.m.
Tues., Feb. 1 – Apr. 26	M. Altieri & H. Xu	2:30 p.m. – 4:00 p.m.
Wed., Feb. 2 – Apr. 27	D. McDonald & L. Evans	3:30 p.m. – 5:00 p.m.
Thurs., Feb. 10 – Apr. 28	E. Hayden & C. Hommer (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

Group screening required

Thurs., Feb. 3 – Apr. 28	P. Jones & D. Hawkins	3 p.m. – 4:30 p.m.
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A group for Black/African American students to share their experiences on a PWI campus for support connection and community.

Discussing Our Choices

Mon., Feb. 28	D. McDonald & H. Xu	1 p.m. – 3 p.m.
Fri., Apr. 1	P. Jones & L. Evans	1 p.m. – 3 p.m.
Fri., Apr. 29	M. Altieri & C. Hommer	10 a.m. – 12 p.m.

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

The Counseling and Testing Center offers comprehensive culturally responsive psychological and testing services. For more information visit the web page www.uakron.edu/counseling.

WEB BASED RESOURCES @ WWW.UAKRON.EDU/COUNSELING

WELLNESS & MENTAL HEALTH INFORMATION

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.