Feel Better Fast
Fri, Sept. 28 – Oct. 19   4 sessions  J. Martin & T. Nutten  11 a.m. – 12 p.m.
Mon., Oct. 8 – Oct. 29   4 sessions  M. Altiere & S. Salas  2 p.m. – 3 p.m.
Tues., Oct. 23 – Nov. 13  4 sessions  D. McDonald   1 p.m. – 2 p.m.
Wed., Nov. 7 – Dec. 5  4 sessions  E. Hayden   1 p.m. – 2 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., Oct. 1 – Dec. 3   N. Keramidas & P. Jones   3:00-4:30 p.m.
Tues., Sept. 25– Dec. 4  M. Altiere & T. Nutten    2:30 -4:00 p.m.
Wed., Oct. 3 – Dec. 5   S. Rieder Bennett & I. Evans 3:30-5:00 p.m.
Thurs., Sept. 27– Dec. 6  E. Hayden & S. Salas   3:00-4:30 p.m.

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

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

CAREER DECISION MAKING & ASSESSMENT
FOCUS 2
O*Net (The Occupational Information Network)

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 Guide Zone, Study Tips.Org
Study Skills – Test Taking/Test Anxiety Videos
ACADEMIC PERFORMANCE

Improve Your Comprehension & Notetaking Skills
Wed., Oct. 3         S. Salas          11 a.m.
Learn critical thinking skills, effective study techniques and how to take good notes.

Overcome Procrastination
Wed., Oct. 10        T. Nutten        1 p.m.
Learn strategies to overcome procrastination.

Reduce Test Anxiety
Tues., Nov. 6         I. Evans          11 a.m.
Reduce the anxiety and stress related to test taking.

Improve Your Grades Without Studying More!
Fri., Nov. 16         D. McDonald       10 a.m.
Learn strategies to improve your attention, understanding, and memory. Based on the connections between mind and body and get better grades!

CHOOSING A MAJOR/CAREER PLANNING

Managing Sexual Orientation/Gender Identity in the Workplace
Thur., Oct. 18        E. Hayden & S. Salas  11 a.m.
Discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace.

Working on Purpose (Deciding on a Major or Career)
Mon., Nov. 5          N. Keramidas      1 p.m.
Not sure what you want to do? Examine your passions, strengths, limitations, and stressors to assist you in clarifying career goals; includes values and self-exploration.

WHO WE ARE

Trailblazers: First Generation College Students Tell Their Stories
Mon., Sept. 17        N. Keramidas & I. Evans  1 p.m.
Share your experiences as a first generation college student. Identify unique stressors and establish strategies for success.

Race Talk
Wed., Sept. 19        P. Jones & N. Keramidas 12 p.m.
STUN 308

Let’s start the conversation: listening, humility and openness.

A Parent and Also a Student
Mon., Sept. 24        N. Keramidas      1 p.m.
Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

Transgender Awareness
Tues., Oct. 2          T. Nutten & S. Salas  11 a.m.
Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

Mosaic: Women of Color
Wed., Oct. 3           S. Salas & D. Randall  1 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).

Black & Beautiful
Wed., Oct. 17          D. Randall        1 p.m.
A conversation of black womanhood, colorism, and body image.

International Student Experience
Thurs., Nov. 8         N. Keramidas      11:30 a.m.
STUN 316
Learn about typical challenges in cultural adaption and coping strategies for stress management.

INCREASING WELLNESS

Suicide Prevention
Tues., Sept. 25        I. Evans          11 a.m.
Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

Love Shouldn’t Hurt
Wed., Sept. 26         T. Nutten        1 p.m.
Learn how to identify abusive relationships. Discuss qualities of healthy relationships, boundary setting, and other sexual assault prevention strategies.

National Depression Screening Day
Thur., Oct. 11         10 a.m. – 3:00 p.m.
STUN Piano Lounge
Thur., Oct. 11         11 a.m. – 1:00 p.m.
Polsky 3rd Floor Atrium
Free brief 10 minute screenings for the campus community, information and giveaways.

Peace, Love & Happiness
Tues., Oct. 16         D. McDonald       11:00 a.m.
A workshop to help participants create more peace, love and happiness in their lives.

Step Away from the Mirror: 7 steps to body positivity
Mon., Oct. 29          P. Jones          11 a.m.
Learn about body image and how to embrace a body positive world.

Gratitude
Tues. Nov. 27          I. Evans          11 a.m.
Learn how the expression of gratitude can positively impact your daily and overall well-being along with ways to implement gratitude into your life.

Stress Management Through Biofeedback
Mon., Dec. 3           E. Hayden        11:00 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.

Coping With Grief
Tues. Dec. 4           T. Nutten        10 a.m.
Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

Discussing Our Choices
Wed., Sept. 12         M. Alliere & I. Evans  2 p.m. – 4 p.m.
Tues., Oct. 9           D. McDonald & S. Salas  10 a.m. – 12 p.m.
Mon., Oct. 22          R. Spieth          10 a.m. – 12 p.m.
Tues., Nov. 13          E. Hayden        10 a.m. – 12 p.m.
Mon., Nov. 26          R. Spieth          10 a.m. – 12 p.m.
Wed., Nov. 28          N. Keramidas      8:30 a.m. – 10 a.m.
Fri, Dec. 7             P. Jones & T. Nutten 10 a.m. – 12 p.m.

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Discussing Our Choices
Fri., Dec. 7           P. Jones & T. Nutten 10 a.m. – 12 p.m.
Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

SUPPORT GROUPS

Anxiety Management Group
Thurs, Sept. 27 – Oct. 25 5 sessions
N. Keramidas & P. Jones 2 p.m. - 3 p.m.
Wed, Oct. 31 – Dec. 5 5 sessions
P. Jones & D. Randall 11 a.m. – 12:00 p.m.
Thurs. Nov. 1 – Dec. 6 5 sessions
N. Keramidas & I. Evans 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.

TAKING CARE FRIDAY SERIES

Learn to take care of yourself through exercise, nutrition, mindfulness, sleep and identifying your strengths (SRWC - Student Recreation and Wellness Center).

Fri., Oct. 12 (SRWC classroom) Exercise
S. Salas 11 a.m. – 12 p.m.
Fri., Oct. 19 (SRWC classroom) Nutrition
P. Jones 11 a.m. – 12 p.m.
Fri., Oct. 26 (SRWC classroom) Mindfulness
M. Alliere 11 a.m. – 12 p.m.
Fri., Nov. 2* (Simmons Hall 306) Sleep
E. Hayden 11 a.m. – 12 p.m.
Fri., Nov. 9* (SRWC conference room) Personal Strengths
N. Keramidas 11 a.m. – 12 p.m.

Safe Zone Ally Training
Fri., Sept. 21
8:30 a.m. – 11:30 a.m.
Student Union 316
Learn how to support the gender and sexual minority community and create and affirming campus climate.

FIVE STAR FRIDAYS

TAKING CARE FRIDAY SERIES

Learn to take care of yourself through exercise, nutrition, mindfulness, sleep and identifying your strengths (SRWC - Student Recreation and Wellness Center).