The Counseling and Testing Center offers comprehensive culturally responsive psychological and testing services.

For more information visit the web page www.uakron.edu/counseling

ADDITIONAL RESOURCES
UA Suicide Prevention…………………………www.uakron.edu/suicide-prevention
Crisis Text Line………………………………..Text "4Hope" or "Start" to 741741
Suicide Prevention Hotline……………………1-800-273-8255 (TALK)

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

CAREER DECISION MAKING & ASSESSMENT
O*Net (The Occupational Information Network)
ACADEMIC PERFORMANCE

Improve Your Grades Without Studying More!
Wed., Sept. 18 W. Stem 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
Wed., Oct. 2 B. Akpan 1 p.m.
Reduce the anxiety and stress related to test taking.

Improve Your Comprehension & Notetaking Skills
Fri., Nov. 8 A. Molder 1 p.m.
Learn critical thinking skills, effective study techniques and how to take good notes.

Overcome Procrastination
Tues., Nov. 19 M. Alliere 10 a.m.
Learn strategies to overcome procrastination.

CHOOSING A MAJOR/CAREER PLANNING

Managing Sexual Orientation/Gender Identity in the Workplace
Wed., Oct. 9 A. Molder & W. Stem 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)
Wed., Nov. 13 W. Stem & B. Akpan 11 a.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

A Parent and Also a Student
Fri., Sept. 20 N. Keramidas 11 a.m.
Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

Race Talk
Tues., Sept. 24 B. Akpan & N. Keramidas 11 a.m.
Let’s start the conversation: listening, humility and openness.

Black & Beautiful
Wed., Sept. 25 P. Jones & B. Akpan 1 p.m.
A conversation of black womanhood, colorism, and body image.

Transgender Awareness
Mon., Oct. 7 E. Hayden & W. Stem 1 p.m.
Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

Mosaic: Women of Color
Fri., Oct. 18 P. Jones & B. Akpan 10 a.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).

International Student Experience
Thurs., Oct. 17 N. Keramidas 1 p.m.
Learn about typical challenges in cultural adaption and coping strategies for stress management.

INCREASING WELLNESS

Putting MEN in Mental Health
Mon, Sept. 16 W. Stem 1 p.m.
Explore what it means to be masculine, and how male socialization interacts with relationships and overall well-being.

Suicide Prevention
Fri., Sept. 27 P. Jones & B. Akpan 11 a.m.
Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

National Depression Screening Day
Thurs., Oct. 3 STUN Piano Lounge 11 a.m. – 2 p.m.
Free brief 10 minute screenings for the campus community, information, giveaways and popcorn.

Living Online: Maintaining Safety and Security in the Internet Age
Wed., Oct. 16 W. Stem 11 a.m.
Learn about boundaries, best security practices, and maintaining an online presence with respect to internet use and your daily functioning.

Relationships, Sexuality and Violence (RSVP) for Men
Mon., Oct. 21 W. Stem 1 p.m.
What kind of messages do we receive about sex, sexuality and sexual assault? Sex Positive Education-How do we learn to communicate, give and receive consent, and build healthy relationships?

Assentiveness and other tools – How can we stand up for what we don’t and make other positive changes in our lives?

Love Shouldn’t Hurt
Wed., Oct. 30 W. Stem & A. Molder 11 a.m.
Learn how to identify abusive relationships. Discuss qualities of healthy relationships, boundary setting, and other sexual assault prevention strategies.

10 Myths About Self Confidence
Tues., Nov. 5 A. Molder 1 p.m.
Learn what self-confidence is and how to appear and feel more self-confident in your daily life.

Discussing Our Choices
Tues., Oct. 1 D. McDonald & A. Molder 10 a.m. – 12 p.m.
Fri., Nov. 15 M. Alliere & W. Stem 1 p.m. – 3 p.m.
Fri., Dec. 6 D. McDonald & B. Akpan 10 a.m. – 12 p.m.
Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

FRIDAY WELLNESS

Wellness Workshops – Fridays
Learn to take care of yourself through exercise, nutrition, mindfulness, sleep and identifying your strengths.

Location - Student Recreation and Wellness Center- Classroom 245

Fri., Oct. 4 Diet
P. Jones 11:00 a.m. – 12:00 p.m.

Fri., Oct. 11 Exercise
B. Akpan 11:00 a.m. – 12:00 p.m.

Fri., Oct. 18 Mindfulness
W. Stem 11:00 a.m. – 12:00 p.m.

Fri., Oct. 25 Sleep
A. Molder 11:00 a.m. – 12:00 p.m.

Fri., Nov. 1 Personal Strengths
N. Keramidas 11:00 a.m. – 12:00 p.m.

Feel Better Fast
Mon., Sept. 23 - Oct. 14
M. Alliere 2 p.m. – 3 p.m.

Tues., Oct. 8 – Oct. 29
J. Martin & A. Molder 1 p.m. – 2 p.m.

Mon., Oct. 28 – Nov. 18
E. Hayden 4 p.m. – 5 p.m.

Fri., Nov. 1 – Nov. 22
D. McDonald & B. Akpan 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. 30 – Dec. 2
P. Jones & N. Keramidas 3:00 p.m. – 4:30 p.m.

Tues., Sept. 24 – Dec. 3
M. Alliere & B. Akpan 2:30 p.m. – 4:00 p.m.

Wed., Sept. 25 – Dec. 4
D. McDonald & W. Stem 3:30 p.m. – 5:00 p.m.

Thurs., Oct. 3 – Dec. 5
E. Hayden & A. Molder 3:00 p.m. – 4:30 p.m.

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

Stress Hackers Workshop
Thurs., Sept. 26
E. Hayden 1:00 p.m. – 2:00 p.m.

Fri., Oct. 25
P. Jones 1:00 p.m. – 2:00 p.m.

Tues., Nov. 12
A. Molder 4:00 p.m. – 5:00 p.m.

Mon., Dec. 2
N. Keramidas 11:00 a.m. – 12:00 p.m.

Learn to recognize signs of stress and positive coping as well as protective factors.

SUPPORT GROUPS

Anxiety Management Group
Fri., Sept. 20 – Oct. 18
N. Keramidas & W. Stem 5 sessions

Wed., Oct. 9 – Nov. 6
P. Jones 5 sessions

Thur., Oct. 24 – Nov. 21
N. Keramidas 5 sessions

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.