

Supersize Your Relationships Group

Mon., Feb. 4 – Apr. 29 P. Jones & N. Keramidas
3:00 p.m. – 4:30 p.m.
Tues., Feb. 5 – Apr. 30 M. Altieri & T. Nutten
2:30 p.m. – 4:00 p.m.
Wed., Feb. 13 – May 1 S. Rieder Bennett & I. Evans
3:30 p.m. – 5:00 p.m.
Thurs., Feb. 14- May 2 E. Hayden & S. Salas
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

Mon., Jan. 28 P. Jones 2:00 p.m. – 3:00 p.m.
Thurs., Feb. 14 T. Nutten 11:00 a.m. – 12:00 p.m.
Fri., Mar. 1 I. Evans STUN 316
11:00 a.m. – 12:00 p.m.
Wed., Mar. 13 N. Keramidas 11:00 a.m. – 12:00 p.m.
Tues., Apr. 9 S. Salas 4:00 p.m. – 5:00 p.m.
Thurs., Apr. 25 M. Altieri 2:00 p.m. – 3:00 p.m.

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

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



COLLEGE SURVIVAL KIT EXPRESS TO SUCCESS

Spring Semester 2019

*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:

- Taking Care Week*
- Developing Relationships*
- Reduce Test Anxiety*
- How to Earn Better Grades*
- Five Star Friday Workshops*
- 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 unless otherwise noted i.e. STUN-Student Union and SRWC - Student Recreation and Wellness Center.**

Space is limited and late arrivals will not be admitted.

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

ACADEMIC PERFORMANCE

Improve Your Grades Without Studying More!

Wed., Feb. 13 D. McDonald 1 p.m.

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

Improve Your Comprehension & Notetaking Skills

Tues., Mar. 5 S. Salas 9 a.m.

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

Reduce Test Anxiety

Fri., Mar. 15 I. Evans 1 p.m.

Reduce the anxiety and stress related to test taking.

Overcome Procrastination

Mon., Apr. 8 M. Altieri 1 p.m.

Learn strategies to overcome procrastination.

CHOOSING A MAJOR/CAREER PLANNING

Managing Sexual Orientation/Gender Identity in the Workplace

Wed., Feb. 6 E. Hayden & S. Salas 1 p.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., Mar. 6 N. Keramidas 10 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

Tues., Feb. 5 N. Keramidas 1 p.m.

Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

Race Talk

Wed., Feb. 6 P. Jones & N. Keramidas 11 a.m.

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

International Student Experience

Tues., Feb. 12 N. Keramidas STUN 316 1 p.m.

Learn about typical challenges in cultural adaption and coping strategies for stress management.

Black & Beautiful

Wed., Feb. 13 D. Randall STUN 310 12 p.m.

A conversation of black womanhood, colorism, and body image.

Transgender Awareness

Tues., Feb. 19 T. Nutten & S. Salas 1 p.m.

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

Trailblazers: First Generation College Students Tell Their Stories

Mon., Mar. 4 N. Keramidas 11 a.m.

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

Mosaic: Women of Color

Wed., Mar. 20 S. Salas & D. Randall STUN 310 11 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).

INCREASING WELLNESS

Suicide Prevention

Wed., Feb. 20 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

Thur., Apr. 4 T. Nutten 2 p.m.

Learn how to identify abusive relationships. Discuss qualities of healthy relationships, boundary setting, and other sexual assault prevention strategies.

TAKING CARE WEEK! Feb. 25 – Mar. 1

Taking Care of Yourself Emotionally-Stress Management Fair

Mon., Feb. 25
STUN Piano Lounge 11:30 a.m. – 1:30 p.m.

Relieve some of your stress with multiple relaxing and fun events at the Union.

Peace, Love and Happiness

Mon., Feb. 25
STUN 316 1:00- 2:00 p.m.

A workshop to help participants create more peace, love and happiness in their lives.

Taking Care of Yourself Physically – Health Screenings Fair

Tues., Feb. 26
Polsky, 3rd Floor Atrium 11:30 a.m. – 1:30 p.m.

Drop by Polsky for free health screenings provided by The College of Health Professions.

Taking Care of Others

Get Well Cards for Children

Wed., Feb. 27
STUN Piano Lounge 11:30 a.m. – 1:30 p.m.

Spend time with therapy dogs while making Get Well Cards for Children at Akron Children's Hospital.

Safe Zone Ally Training

Wed., Feb. 27 STUN 316
S. Salas & I. Evans 9:00 a.m. – 12 p.m.

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

Taking Care of Your Future Self – Future Self Fair

Thurs, Feb. 28 STUN Piano Lounge
11:30 a.m. – 1:30 p.m.

Join us for an information fair of different ideas on how to prepare for your career path and life after graduation.

Five Star Workshop Day

Stress Hackers Workshop

Fri, Mar. 1 STUN 316
I. Evans 11:00 a.m. – 12:00 p.m.

Learn to recognize signs of stress and develop positive coping strategies.

The Link between Mood and Food

Fri., Mar. 1 STUN 316
P. Jones 1:00 p.m. – 2:00 p.m.

Learn how to change eating habits to improve your mood.

Discussing Our Choices

Fri., Feb. 1 M. Altieri & I. Evans
10 a.m. – 12 p.m.
Mon., Feb. 11 D. McDonald & S. Salas
1 p.m. – 3 p.m.
Fri., Mar. 8 P. Jones & T. Nutten
1 p.m. – 3 p.m.

Tues., Mar. 19 M. Altieri & T. Nutten
8 a.m. – 10 a.m.

Fri., Apr. 12 N. Keramidas
9 a.m. – 11 a.m.

Mon., Apr. 22 D. McDonald
1 p.m. – 3 p.m.

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

FIVE STAR FRIDAY WELLNESS

Wellness Workshops – Fridays

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

SRWC is Student Recreation and Wellness Center-Classroom) – STUN is Student Union

Fri., Feb. 15 Exercise
S. Salas
Meet at SRWC desk 11:00 a.m. – 12:00 p.m.
Fri., Feb. 22 Mindfulness
M. Altieri
SRWC-classroom 11:00 a.m. – 12:00 p.m.
Fri., Mar. 1 The Link between Mood & Food
P. Jones
STUN 316 1:00 p.m. – 2:00 p.m.
Fri., Mar. 8 Sleep
E. Hayden
SRWC-classroom 11:00 a.m. – 12:00 p.m.
Fri., Mar. 15 Personal Strengths
N. Keramidas
Simmons 306 11:00 a.m. – 12:00 p.m.

SUPPORT GROUPS

Anxiety Management Group

Thurs., Jan 31-Feb 28 5 sessions
N. Keramidas 2 p.m. - 3 p.m.
Wed., Feb. 20 – Mar. 20 5 sessions
P. Jones & D. Randall 1 p.m. – 2 p.m.
Tues., Apr.2 – Apr. 30 5 sessions
P. Jones & J. Martin 1 p.m. – 2 p.m.
Fri., Apr. 5 – May 3 5 sessions
N. Keramidas & I. Evans 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

Fri, Feb 1 – Feb 22 4 sessions
D. McDonald 1 p.m. – 2 p.m.
Mon., Feb. 18 – Mar. 11 4 sessions
M. Altieri & I. Evans 2 p.m. – 3 p.m.
Tues., Feb. 26 – Mar. 19 4 sessions
E. Hayden 1 p.m. – 2 p.m.
Wed., Apr. 3 – Apr. 24 4 sessions
S. Salas & D. Randall 1 p.m. – 2 p.m.
Fri., Apr. 12 – May 3 4 sessions
T. Nutten & S. Soto 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.