

COLLEGE SURVIVAL KIT EXPRESS TO SUCCESS

Fall Semester 2009

The University of Akron

Counseling 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:

How to Earn Better Grades
Managing Stress Effectively
Choosing a Major or Career
Improving Your Memory

Please sign up in advance and arrive on time for these workshops. Sign up for programs by contacting the Counseling Center, Simmons Hall Room 306 or call (330) 972-7082. ***Programs are in Simmons Hall room 306 unless otherwise noted.**

Space is limited and late arrivals will not be admitted.

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

ACADEMIC PERFORMANCE

Improve Your Study Skills

Wed., Sept. 9

G. Robinson

1 p.m.

Fri., Oct. 30

G. Robinson

9 a.m.

Learn techniques in studying, memory, concentration, note-taking, and resource utilization.

Improve Your Listening and Note-taking Skills

Mon., Sept. 14

G. Robinson

10 a.m.

Learn to listen actively in class and to take good notes from lectures and reading material.

Reduce Your Math Anxiety

Wed., Sept. 16

E. Hayden

4 p.m. (Medina)

If you are anxious about math, this is the group for you! Learn techniques to reduce anxiety including mind maps and biofeedback.

Improve Your Test-Taking Skills

Tues., Sept. 29

E. Hayden

4 p.m. (Medina)

It is important to have a systematic approach to studying and test preparation. Learn special study techniques, test-taking strategies and relaxation skills.

Let's Talk About ADHD

Wed., Sept. 30

M. Silling & S. Foster

11 a.m.

Learn how to manage ADHD including time-management, study skills, and interpersonal skills.

Waiting for the Motivation Fairy? Self-Management Skills

Thurs., Oct. 8

M. Silling

1 p.m.

Do you look to others for motivation? Learn ways to consistently get started.

Improve Your Memory (300%)

Thurs., Sept. 24

S. Bixler

1-2:30 p.m.

Tues., Oct. 20

S. Bixler

5-6:30 p.m.

Improve your memory capacity, and understand the relationship of memory to the overall task of learning. Specific strategies will be shared (each participant is guaranteed to improve his/her memory capacity by over 300 %!).

Improve Your Time Management

Wed., Oct. 14

G. Robinson & A.Yennari

1 p.m.

Learn to identify goals, set priorities, develop an action plan; and a time schedule.

Increase Your Motivation; Why am I in College?

Mon., Oct. 19

E. Hayden

4 p.m. (Medina)

Explore your reasons for choosing college and how to motivate yourself.

Reduce Your Test Anxiety

Wed., Oct. 21

E. Hayden

11 a.m.

Learn how to reduce test anxiety by using stress management and relaxation skills.

Improve Your Comprehension

Mon., Oct. 26

G. Robinson

9 a.m.

Learn critical thinking skills and effective study techniques. Whether reading, studying notes or writing papers comprehension of the material is crucial.

Improve Your Grades Without Studying More!

Tues., Oct. 27

S. Foster & A. Yennari

4 p.m.

Mon., Nov. 16

A. Yennari

9 a.m.

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

Overcome Procrastination

Mon., Sept. 21

G. Robinson

1 p.m.

Fri. Nov. 13

M. Silling

9 a.m.

Procrastination can interfere with academic performance and other areas of your life. Learn strategies to overcome this common problem. **SIGN UP NOW!**

CAREER PLANNING

How to Choose a Major and a Career

Mon., Sept. 28

G. Robinson

1 p.m.

This workshop introduces you to the decision-making process. Participants who want further help choosing a career or major will be referred to career assessment tools and resources.

FOOD FOR THOUGHT

First Generation College Student

Tues., Sept. 29

D. McDonald

1 p.m.

Being one of the first people in your family to go to college presents unique challenges. Learn to negotiate the college system to find support, develop effective learning strategies and balance financial and academic concerns.

Creating a Safe Zone: How to be an LGBTQ Ally

Mon., Oct. 5

E. Hayden & J. Manning

Noon-1 p.m.

Learn ways to support the LGBTQ community and help create a safe, affirming campus climate.

Coming Out

Tues., Oct. 6

J. Manning

3 p.m.

Coming out as a lesbian woman, gay man or bisexual person is a lifelong process. Explore issues to help you decide if coming out to someone will enhance the relationship. This session is for those who identify themselves as lesbian, gay or bisexual and/or those who are questioning their orientation.

Managing Conflicting Identities....Can Sexual Orientation Be Changed?

Mon. Oct. 12

J. Phillips

12 p.m.

When one's sexual orientation and religious or cultural identities are in conflict, it is sometimes suggested that sexual orientation can be changed. Learn about the research on sexual orientation, sexual identity, sexual behavior, and attempts to change these aspects of person's lives. A science based paradigm will be used that also respects participants' rights to hold religious/cultural views that are not based on science.

She Was Asking for it: Beliefs and Myths about Sexual Assault

Mon., Oct. 19

D. McDonald & S. Foster

4 p.m.

Learn some common beliefs about rape and how these relate to your likelihood of being involved in a sexual assault.

Taking Action Against Racism

Mon., Oct. 26

J. Phillips

1 p.m.

This workshop is for people who want to Take Action Against Racism. Media clips will be used to generate discussion and illustrate various types of racism and ways of reacting to enact change.

It's a Hair Thang

Mon., Nov. 2

J. Martin & S. Foster

2 p.m.

Address issues of appearance such as body size, hair and skin color, that affect the self-esteem, behavior and relationships of women of color. An afro-centric view of body image will be discussed.

A Parent, and Also a Student

Wed. Sept. 30

D. McDonald

12 p.m.

Mon., Nov. 2

E. Hayden

12 p.m.

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

RELATIONSHIPS

Love Shouldn't Hurt

Wed., Oct. 14

S. Foster & J. Manning

12 p.m.

Is your partner jealous or controlling? Are you ever afraid of your partner or has your partner ever hit or pushed you? If so you may be in an abusive relationship. Please join us for information and support.

Before You Get Googled: Saving Face in Virtual Space

Wed., Nov. 4

J. Manning

1p.m.

As the use of special networking websites like Facebook and MySpace continues to increase influential others such as potential employers and police officers more frequently search these sites for valuable information. This workshop teaches about the dangers of posting information online, as well as techniques for managing the risks.

INCREASING WELLNESS

WOMEN'S WELLNESS WORKSHOP SERIES

A workshop series that focuses on the unique needs of women.

Wed., Sept. 30	Assertiveness Skills	S. Foster & J. Manning	Polsky 339	6-7:15 p.m.
Wed., Oct. 28	Healthy Relationships	J. Manning & A.Yennari	Polsky 339	6-7:15 p.m.
Wed., Nov. 4	Stress Management	S. Foster & A.Yennari	Polsky 339	6-7:15 p.m.

Eat What Your Body Needs

Wed., Sept. 23

J. Phillips & A.Yennari

Noon

Come eat with us and learn about Intuitive Eating Style, a healthy and positive approach to eating. Learn how to get in touch with your internal hunger and satiety cues and give your body what it needs.

Body Image, The Media and You

Mon., Sept. 28

A. Yennari & J. Manning

2 p.m.

The media barrages us with messages about our bodies and appearance that may be negative and unrealistic. Learn to recognize these messages, how they impact our lives, and how to celebrate every body type.

Discussing Our Choices

M. Silling

Call for dates and times

Participants will explore their values and choices regarding alcohol and other drugs.

How To Be Happy Now!

Mon., Oct. 5

D. McDonald

1 p.m.

What makes people happy? Find out what psychological research show about the keys to happiness. Learn and practice techniques that help you savor the present moment and discover happiness now.

How To Help

Thurs., Oct. 15

D. McDonald

1 p.m.

Do you know someone who appears down, stressed or upset? Learn to effectively communicate your concern and help your friend or family member.

Suicide Prevention

Mon., Oct. 26

J. Manning

11 a.m.

Learn how to recognize the signs that someone may be depressed or suicidal and learn how to refer a friend or family member to get potentially life-saving help.

GOT STRESS?**Party in the Penthouse**

Wed., Aug. 26

Counseling Center Staff

11:30 -1 p.m.

Meet the Counseling Center staff. Enjoy some refreshments, and win free prizes during our "Party in the Penthouse" on the third floor of Simmons Hall. Also tour the office during our open house.

I'm So STRESSED!

Thurs., Oct. 1

J. Martin

1 p.m.

Learn what stress is, where it comes from, its effects and stress management techniques.

Stress Management Through Biofeedback Training

Tues., Oct. 6

E. Hayden

4 p.m. (Medina)

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. Biofeedback training is useful for reducing test anxiety and general life stress.

National Depression Screening Day

Wed., Oct. 7

Counseling Center Staff

STUN

TBA

10 minute screenings for depression with videos and informational materials. Call 330-972-7082 for times and information.

Diary of a Stressed Black Woman

Mon., Oct. 12

S. Foster

1 p.m.

Learn some sources of stress for African American women and ways to improve mental and emotional health.

Self-Hypnosis for Stress Management

Fri., Oct. 23

M. Silling

11 a.m.

Learn to use self-hypnosis to cope with stress as well as to relax.

Good Sleep

Mon., Nov. 9

J. Phillips

1 p.m.

Come learn about how sleep (or lack thereof) affects our bodies and our minds.

RELAXATION - MP3

Click on the relaxation MP3 on our website, www.uakron.edu/counseling to obtain a peaceful, calming and serene influence.

TUESDAYS @ TWILIGHT SERIES**Improve Your Study Skills**

Tues., Sept. 15

A. Yennari

5 p.m.

Discussing Our Choices

Tues., Sept 29, Oct. 13, Nov. 17

M. Silling

5-7 p.m.

Call for extra dates or see our website at www.uakron.edu/counseling

Improve Your Comprehension

Tues., Sept. 22

J. Martin

5 p.m.

Improve Your Time Management

Tues., Sept. 29

J. Phillips

5 p.m.

Improve Your Memory (300%)

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S. Bixler

5:00-6:30 p.m.

Improve your memory capacity, and understand the relationship of memory to the overall task of learning. Specific strategies will be shared (each participant is guaranteed to improve his/her memory capacity by over 300%!).

Waiting for the Motivation Fairy? Self-Management Skills

Tues., Oct. 27

M. Silling

5 p.m.

Improve Your Listening and Note-Taking Skills

Tues., Nov. 3

A. Yennari

5 p.m.

Improve Your Test-Taking Strategies

Tues., Nov. 10

M. Silling

5 p.m.

EXTENDED GROUPS & WORKSHOPS**“Super Women” Support Group**

Tues., Sept. 22

D. McDonald & S. Foster

Noon-1:00 p.m.

You just might be a super woman if.. you can do more than most in a single day... you can study, clean, text, and watch a baby all at the same time...you try (or want) to be perfect in most everything you do...or, if you find yourself getting burned out from all of the different roles you play in life. Whether being a super woman is working for you or you'd like to change, come to this group to explore how you can make thoughtful choices about your life and to enjoy the process of getting and giving support.

Men's Group

Thurs., Sept. 24

E. Hayden & N. Joyce

3:00-4:30 p.m.

This 10 week group for men will help members develop and practice new skills to better cope with common threads of male life experiences. Common problems explored will be decided by group members and may include: relationships, loneliness, stress, depression, aggression, risky behaviors, and use of self-destructive coping mechanisms, including addictions.

LGBTQ Support Group

Mon., Sept. 28 - Nov. 30

J. Phillips & J. Manning

3:00-4:30 p.m.

This weekly support group is for lesbian, gay, bisexual, transgender, queer and or/questioning folks to share, support, learn and grow in a safe, confidential setting. The group may choose to explore issues such as coming out, transitioning, and relationships. Call 330-972-7082 and talk with Jessi Manning or Julia Phillips for more information.

Social Confidence Group

Wed., Sept. 30

D. McDonald & A. Yennari

3:00-4:30 p.m.

Learn to better manage social anxiety and develop more effective social skills through this 6-8 session group. Participants will be encouraged to practice their new skills in a safe, supportive environment.

STREAMING STUDY SKILLS WEB VIDEO

Study Skills – Test Taking – Test Anxiety..... (60 min.)

Click on this streaming video on our website at www.uakron.edu/counseling. There are several advanced features in this video. One is that you can start, stop, back up or go forward by pushing the slider below the presenter. Another is that in the upper right corner there is a button that lets you display all the PowerPoint slides. You can click on any slide and the lecture advances to that slide.

WEB BASED STUDY GUIDE RESOURCES

Click the Study Resources Directory on the left menu on our website at www.uakron.edu/counseling, to find help in these areas:

- Primed to Learn (Critical Thinking Skills, Motivation, Managing Time)
- Testing (Essay Exam, Math Exam, Preparing for Exam, Word Problems)
- Study Skills (Study Habits That Work, Memorization, Reading Comprehension)
- Science & Technology (Scientific Method, Writing a Lab Report)
- Research Papers/Essay Writing (Organizing an Essay, Editing & Proofing)
- Classroom Learning (Successful Note taking, Classroom Discussions)

WEB BASED CAREER DECISION MAKING COUNSELING

Are you undecided about your major or career? Click on Career Services on our website at www.uakron.edu/counseling to access the web-based career programs SIGI 3 AND OCIS. Although you can use SIGI 3 and OCIS without seeing a counselor, these programs often work best when a student is also working with a professional counselor on staff.

SIGI 3, (*System of Interactive Guidance and Information*), is an extensive computer program to help persons make career decisions. It helps to examine and organize your values, personality, skills and interests. This information can be used to point you in the direction of majors and occupations which are consistent with who you are.

OCIS, (*Ohio Career Information System*), is a current and very detailed career information system. OCIS has links to other rich sources of information on-line.

RELAXATION - MP3

Click on the relaxation MP3 on our website to obtain a peaceful, calming and serene influence.