Managing Sexual Orientation/ Gender Identity in the Workplace
Mon., Mar. 14 E. Hayden 1 p.m.
Discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace.

Not What I Wanted: Changing Majors
Tues., Apr. 19 J. Lee & S. Schwam 11 a.m.
Explore how to select a major that fits you and increases your GPA.

WHO ARE WE

Culture Shock
Mon., Feb. 22 J. Lee 11 a.m.
Discuss signs/symptoms of culture shock, understand stages of cultural adaptation and learn coping strategies.

Mosaic: Women of Color
Wed., Feb. 24 J. Lee & A. Barnes 12 p.m.
A workshop for women of color to address academic life stressers, develop a community of trust, and to facilitate the adjustment process at a PWI (Predominantly White Institution).

I Am Not My Hair
Mon., Mar. 14 A. Barnes 12 p.m.
Body image and colorism concerns of Black Women.

Transgender Awareness
Fri., Mar. 18 A. Sylvan 11 a.m.
Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

A Parent and Also a Student
Mon., Mar. 28 E. Hayden 11 a.m.
Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

THINK ABOUT IT

Empowering the Bystander
Tues., Apr. 5 E. Hayden & C. Urolo de Lozano 1 p.m.
Learn how to identify and act to prevent sexual violence by distracting, delegating or intervening to create a safe environment for everyone.

Love Shouldn’t Hurt
Tues., Apr. 12 E. Hayden & R. Crain 1 p.m.
Is your partner jealous or controlling? Have they hit or pushed you? You may be in an abusive relationship. Obtain information and support.

She Was Asking For It: Beliefs and Myths About Sexual Assault
Tues., Apr. 26 E. Hayden 1 p.m.
Learn some common beliefs about rape and how these relate to your likelihood of being involved in a sexual assault.

INCREASING WELLNESS

Suicide Prevention
Mon., Mar. 7 G. Robinson & C. Urolo de Lozano 1 p.m.
Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

Eating Healthy to Improve Your Mood
Fri., Mar. 11 M. Altieri 11 a.m.
Your diet can improve your mood. This workshop is conducted with the dietetics program.

Physical Exercise and Stress Management
Mon., Apr. 4 M. Altieri 11 a.m.
Learn creative ways to weave exercise into your daily routine and manage your stress better at the same time.

Coping With Grief
Mon., Apr. 11 A. Sylvan 10 a.m.
Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

Stress Management Through Biofeedback
Wed., Mar. 30 E. Hayden 11 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.

Discusses Your Choices
Fri., Feb. 5 M. Altieri 1 p.m. - 3 p.m.
Wed., Feb. 17 E. Hayden 10 a.m. - 12 p.m.
Mon., Mar. 7 J. Lee 9 a.m. - 11 a.m.
Fri., Apr. 1 D. McDonald 9 a.m. - 11 a.m.
Tues., Apr. 12 G. Robinson 5 p.m. - 7 p.m.
Fri., Apr. 29 D. McDonald 10 a.m. - 12 p.m.
Tues., May 3 G. Robinson 5 p.m. - 7 p.m.
Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

TAKING CARE WEEK!!

Feb. 29 – Mar. 4

Taking Care (Resource Fair)
Mon., Feb. 29 11:30 a.m. - 1:30 p.m.
STUN, Piano Lounge
Learn about university departments and student organizations that can help you take care of yourself and others. Steinway artist, Joe Augustine, will be playing piano for a portion of this event.

Health Screenings Fair
Tues., Mar. 1 11:30 a.m. - 1:30 p.m.
Polsky Bldg. 3rd Floor Atrium
Drop by the Polsky Building for free health screenings provided by The College of Health Professions.

Stress Management Fair
Wed., Mar. 2 11:30 a.m. - 1:30 p.m.
STUN, Piano Lounge
Relieve some of your stress with multiple relaxing and fun events at the Union.

Peace, Love & Happiness
Wed., Mar. 2 1:00 - 2:00 p.m.
STUN, 316
A workshop to help participants create more peace, love and happiness in their lives.

Get Well Cards for Children
Thur., Mar. 3 11:30 a.m. - 1:30 p.m.
STUN, Piano Lounge
Help create “Get Well” cards for children at Akron Children’s Hospital.
Mindfulness Group
E. Hayden
Thurs., Feb. 18 - Apr. 28
4:00 - 5:00 p.m.
Practice mindfulness meditation for increased well-being, to help manage stress and decrease depression/anxiety and test anxiety.

Anxiety Management Group
J. Lee & A. Rutten
(4 sessions)
Wed., Feb. 24 - Mar. 16
2:00 - 3:00 p.m.
J. Lee
(4 sessions)
Thurs., Apr. 7 - Apr. 28
2:00 - 3:00 p.m.
Learn the types and symptoms of anxiety and practice better coping skills.

Life Hacks Group
G. Robinson
Wed., Mar. 9 - Apr. 27
1:00 - 2:00 p.m.
Learn skills to deal with school and life stress.

ACT Group
M. Altiero & R. Crane
Mon., Apr. 4 - Apr. 23
2:00 - 3:00 p.m.
Learn skills to assist with dealing with life struggles. An ideal group for people with depression or anxiety.

Understanding Emotions Group
D. McDonald & C. Urqu de Lozano
(5 sessions)
Fri., Apr. 8 - May 6
1:00 - 2:00 p.m.
Learn how to better understand and cope with your emotions.

SUPPORT GROUPS

Supersize Your Relationships Group
M. Altiero & R. Crane
Tues., Feb. 2 - May 3
2:30 - 4:00 p.m.
S. Rieder Bennett & A. Sylvan
Wed., Feb. 3 - May 4
3:30 - 5:00 p.m.
D. McDonald & C. Urqu de Lozano
Mon., Feb. 22 - May 2
3:00 - 4:00 p.m.
Learn and apply skills to build successful and lasting relationships with support from others.

International Student Support Group
J. Lee & S. Pinto
Fri., Feb. 12 - May 6
3:00 - 4:00 p.m.
Share your experience of adjusting to UA, connect with others from around the world and obtain support.

WEB BASED RESOURCES @ WWW.UAKRON.EDU/COUNSELING

CAREER DECISION MAKING & ASSESSMENT
SIGI 3 (System of Interactive Guidance)
OCIS – (Ohio Career Information System)
O-Net (The Occupational Information Network) career decision making information, assessment, career links

WELLNESS & MENTAL HEALTH INFORMATION
Utileine, 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
Stress Management

STUDY SKILLS & TEST ANXIETY
Study Guide Zone, Study Tips Org
Study Skills – Test Taking/Test Anxiety Videos

COLLEGE SURVIVAL KIT PATHWAY TO SUCCESS

SPRING SEMESTER 2016
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:

Test Anxiety
How to Earn Better Grades
Taking Care Week
Career Planning and Decision Making

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, example STUN - Student Union.

Space is limited and late arrivals will not be admitted.

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