

## COLLEGE SURVIVAL KIT SUCCESS EXPRESS -FALL SEMESTER 2023

### COUNSELING & TESTING CENTER

[www.uakron.edu/counseling](http://www.uakron.edu/counseling)

### SUPPORT GROUPS

#### Anxiety Management Group

Thurs., Sept. 21 – Oct. 19	5 sessions	M. Altieri	2 p.m. – 3 p.m.
Wed., Oct. 04 – Nov. 01	5 sessions	N. Keramidas & S. Alexis	2 p.m. – 3 p.m.
Fri., Oct. 20 – Nov. 17	5 sessions	P. Jones	11 a.m. – 12 p.m.

Learn to manage anxiety by improving self-care, positive emotions, happiness, and resiliency.

#### Feel Better Fast

Fri, Sept. 29 – Oct. 20	4 sessions	D. McDonald & J. Frost	1 p.m. – 2 p.m.
Mon., Oct. 09 – Oct. 30	4 sessions	E. Hayden	2 p.m. – 3 p.m.
Tues., Oct. 24 – Nov. 14	4 sessions	J. Martin & C. Hersh	4 p.m. – 5 p.m.

Learn techniques to address life challenges, depression or anxiety.

#### Supersize Your Relationships Group

Mon., Oct. 02 – Dec. 04	P. Jones & N. Keramidas	3:00 p.m. – 4:30 p.m.
Tues., Sept. 26 – Dec. 05	M. Altieri & V. Hissam	2:30 p.m. – 4:00 p.m.
Wed., Sept. 27 – Dec. 06	D. McDonald & C. Hersh	3:30 p.m. – 5:00 p.m.
Thurs., Oct. 05 – Dec. 07	E. Hayden & J. Frost (LGBT Focus)	3:00 p.m. – 4:30 p.m.

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

#### BLAkron: Black & Connected

Thurs., Oct. 05 – Dec. 07	P. Jones & V. Hissam	3:00 p.m. – 4:30 p.m.
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Black/African American students share their experiences on a PWI campus for support connection and community.

#### Discussing Our Choices

Mon., Sept. 25	D. McDonald & V. Hissam	3:00 p.m. – 5:00 p.m.
Fri., Oct. 27	P. Jones & J. Frost	1:00 p.m. – 3:00 p.m.
Fri., Dec. 8	M. Altieri & C. Hersh	10:00 a.m. – 12:00 p.m.

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

#### Kognito At Risk training – 45 minute mental health training simulation

Go to [uakron.kognito.com](http://uakron.kognito.com). and use your UA email to create an account.