

COLLEGE SURVIVAL KIT SUCCESS EXPRESS

Fall Semester 2020

The University of Akron
Counseling and Testing Center
Simmons Hall - Room 306
330- 972-7082

<http://www.uakron.edu/counseling>

Our free groups provide you with information and practical skills to help you succeed in college. Topic areas include:

Developing Relationships
Anxiety Management
Discussing Our Choices-Drug and Alcohol Use
Feel Better Fast

Please sign up in advance and for these groups by contacting the Counseling and Testing Center call (330) 972-7082.

***Programs are conducted remotely this semester**

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

SUPPORT GROUPS

Anxiety Management Group

Thurs., Sept.17 – Oct. 15	5 sessions	N. Keramidas & L. Emley	2 p.m. – 3 p.m.
Fri., Oct.16 – Nov. 13	5 sessions	P. Jones & B. Depcrymski	1 p.m. – 2 p.m.
Tues., Oct. 20 – Nov. 17	5 sessions	N. Keramidas & K, Lin	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

Mon., Sept. 28 – Oct. 19	4 sessions	M. Altieri & B. Depcrymski	4 p.m. – 5 p.m.
Wed., Oct. 14 – Nov. 4	4 sessions	J. Martin & K. Lin	1 p.m. – 2 p.m.
Fri., Oct. 30 – Nov. 20	4 sessions	D. McDonald & L. Emley	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. 28 – Nov. 30	P. Jones & N. Keramidas	3:00 p.m. – 4:30 p.m.
Tues., Sept. 22 – Dec. 1	M. Altieri & K. Lin	2:30 p.m. – 4:00 p.m.
Wed., Sept. 30 – Dec. 2	D. McDonald & L. Emley	3:30 p.m. – 5:00 p.m.
Thurs., Sept. 24 – Dec. 3	E. Hayden & B. Depcrymski (LGBT Focus)	3:00 p.m. – 4:30 p.m.

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

COVID-19 Quarantine and Isolation Support Group

Weekly meetings at 11:00 am- 12:00 pm between September 2 and November 18.

A support group for students quarantining due to COVID-19 pandemic.

Discussing Our Choices

Fri., Sept. 25	D. McDonald & B. Depcrymski	10 a.m. – 12 p.m.
Mon., Oct. 26	M. Altieri & L. Emley	3 p.m. – 5 p.m.
Fri., Nov. 13	P. Jones & K. Lin	10 a.m. – 12 p.m.

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

The Counseling and Testing Center offers comprehensive culturally responsive psychological and testing services. For more information visit the web page www.uakron.edu/counseling or call 330-972-7082.

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)