Spring Semester 2021
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:

Taking Care Week
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
Join us for a week full of virtual activities designed to help you take care of yourself and others. Follow UA Social Media for different challenges and information throughout the week.

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Mon. 2/22: **Kick Off Day!**

Check out our “Welcome to Taking Care Week” and “Self-Care” videos

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Tues. 2/23: **Taking Care of Yourself Physically**

- **Link Between Mood and Food**
  Learn how to change eating habits to improve your mood.
  11am-12pm

- **Good Sleep and Mental Health**
  Learn how to improve your sleep towards boosting different areas of your life.
  4pm-5pm

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Wed. 2/24: **Taking Care of Yourself Emotionally**

- **Stress Management**
  Identify strategies to better manage daily experiences of stress.
  1pm-2pm

- **Emotion Management through Writing**
  Develop writing techniques to help improve emotion management.
  4pm-5pm

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Thurs. 2/25: **Taking Care of Others**

Check out UA Social Media today and post pictures of your pet, share your random acts of kindness towards others or post a message of encouragement!

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Fri. 2/26: **Taking Care of Your Future Self**

- **Stepping Stones: College to Accessibility in Employment**
  Learn how to transition academic accommodations into the workplace.
  11am-12pm

- **Career Planning**
  Identify strategies to get the most out of your future career.
  1pm-2pm
SUPPORT GROUPS

Anxiety Management Group
Thurs., Jan. 28 – Feb. 25  5 sessions  E. Hayden & J. Moore  2 p.m. – 3 p.m.
Fri., Mar. 12 – Apr. 9  5 sessions  N. Keramidas & A. Eversmeyer  1 p.m. – 2 p.m.
Mon., Mar. 8 – Apr. 5  5 sessions  B. Depcrymski & C. Hersh  3 p.m. – 4 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., Feb. 8 – Mar. 1  4 sessions  M. Altiere & M. Jang  4 p.m. – 5 p.m.
Wed., Mar. 10 – Mar. 31  4 sessions  D. McDonald & E. Emley  1 p.m. – 2 p.m.
Thurs., Mar. 18 – Apr. 8  4 sessions  J. Martin & K. Lin  4 p.m. – 5 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., Feb. 8 – Apr. 26  D. McDonald & E. Emley  3:00 p.m. – 4:30 p.m.
Tues., Feb. 2 – Apr. 27  M. Altiere & K. Lin  2:30 p.m. – 4:00 p.m.
Wed., Feb. 17 – Apr. 28  N. Keramidas & P. Jones  3:30 p.m. – 5:00 p.m.
Thurs., Feb. 4 – Apr. 29  E. Hayden & B. Depcrymski (LGBTQ+Focus)  3:00 p.m. – 4:30 p.m.

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

BL Akron: Black & Connected
Thurs., Feb. 11 – Apr. 29  P. Jones & D. Walker  2 p.m. – 3:00 p.m.

A supportive space for those who identify as Black or African-American to share experiences on a PWI campus.

International Student Check-In
Thurs., Feb 19 – Apr. 6  N. Keramidas & K. Lin  11 a.m. – 12 p.m.

Discussing Our Choices
Fri., Feb. 12  D. McDonald & B. Depcrymski  1 p.m. – 3 p.m.
Wed., Mar. 17  M. Altiere & E. Emley  3 p.m. – 5 p.m.
Fri., Apr. 23  P. Jones & K. Lin  1 p.m. – 3 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](http://www.uakron.edu/counseling).
WEB BASED RESOURCES @ WWW.UAKRON.EDU/COUNSELING

WELLNESS & MENTAL HEALTH INFORMATION
- ULifeline, Half of Us, and 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 and 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)