

COLLEGE SURVIVAL KIT SUCCESS EXPRESS

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>

TAKING CARE WEEK

(#ZipsTakingCare)
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.

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

Check out our “Welcome to Taking Care Week” and “[Self-Care](#)” videos

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

[Link Between Mood and Food](#) 11am-12pm
Learn how to change eating habits to improve your mood.

[Good Sleep and Mental Health](#) 4pm-5pm
Learn how to improve your sleep towards boosting different areas of your life.

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

[Stress Management](#) 1pm-2pm
Identify strategies to better manage daily experiences of stress.

[Emotion Management through Writing](#) 4pm-5pm
Develop writing techniques to help improve emotion management.

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!

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

[Stepping Stones: College to Accessibility in Employment](#) 11am-12pm
Learn how to transition academic accommodations into the workplace.

[Career Planning](#) 1pm-2pm
Identify strategies to get the most out of your future career.

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. Altieri & 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. Altieri & 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.

BLAkron: Black & Connected

Thurs., Feb. 11 – Apr. 29	P. Jones & D. Walker	2 p.m. – 3:00 p.m.
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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.
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Discussing Our Choices

Fri., Feb. 12	D. McDonald & B. Depcrymski	1 p.m. – 3 p.m.
Wed., Mar. 17	M. Altieri & 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.

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)