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

- National Depression Screening Day
- Developing Relationships
- Reduce Test Anxiety
- How to Earn Better Grades
- Career Planning and Decision Making
- Suicide Prevention

Please sign up in advance and arrive on time for these workshops. Sign up for programs by contacting the Counseling Center, Simmons Hall Room 306 or call (330) 972-7082. *Programs are in Simmons Hall room 306 unless otherwise noted.

Space is limited and late arrivals will not be admitted.

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

**Improve Your Grades Without Studying More!**
Tues., Sept. 12  N. Keramidas  2 p.m.
Learn strategies to improve your attention, understanding, and memory, based on the connections between mind and body and get better grades!

**Reduce Test Anxiety**
Wed., Sept. 20  J. Martin & J. Brionez  11 a.m.
Reduce the anxiety and stress related to test taking.

**Good Sleep and Academic Performance**
Mon., Oct. 16  M. Altiere & J. Hardy  10 a.m.
Learn how sleep (or lack thereof) affects our bodies and study skills.

**Improve Your Comprehension & Notetaking Skills**
Mon., Nov. 6  J. Martin  11 a.m.
Learn critical thinking skills, effective study techniques and how to take good notes.

**Overcome Procrastination**
Mon., Nov. 27  S. Goodin  10 a.m.
Learn strategies to overcome procrastination.

WHO WE ARE

**Safe Zone Ally Training**
Tues., Sept. 26  E. Hayden & J. Hardy
STUN 318  9 a.m. – 12 p.m
Tues., Sept. 26  N. Keramidas & J. Brionez
STUN 321  1 p.m. – 4 p.m
Learn how to support the gender and sexual minority community and create an affirming campus climate. You must call to register for this presentation.

**Empowering the Bystander**
Thur., Sept. 28  E. Hayden & S. Goodin  11 a.m.
Learn how to identify and act to prevent sexual violence by distracting, delegating or intervening to create a safe environment for everyone.

**A Parent and Also a Student**
Fri., Oct. 6  N. Keramidas & J. Hardy  11 a.m.
Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

**Culture Shock**
Fri., Oct. 13  N. Keramidas  11 a.m.
Discuss signs/symptoms of culture shock, understand stages of cultural adaptation and learn coping strategies.

**Trailblazers: First Generation College Students Tell Their Stories**
Fri., Nov. 3  N. Keramidas  11 a.m.
Share your experiences as a first generation college student, identify unique stressors and establish strategies for success.

**I Am Not My Hair**
Wed., Nov. 8  J. Martin & P. Jones  1 p.m.
Body image and colorism concerns of Black Women.

**Mosaic: Women of Color**
Thur., Nov. 9  J. Martin & P. Jones  1 p.m.
A workshop for women of color to address academic/life stressors, develop a community of trust, and to facilitate the adjustment process at a PWI (Predominately White Institution).

**Transgender Awareness**
Fri., Nov. 10  E. Hayden & S. Goodin  1 p.m.
Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

INCREASING WELLNESS

**Suicide Prevention**
Tues., Sept. 19  J. Brionez & J. Hardy  1 p.m.
Mon., Dec. 4  J. Brionez & J. Hardy  10 a.m.
Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

**National Depression Screening Day**
Thur., Oct. 5  10:00 a.m. – 3:00 p.m.
STUN Piano Lounge
Thur., Oct. 5  11:00 a.m. – 1:00 p.m.
Polsky 3rd Floor Atrium
Free brief 10 minute screenings for the campus community information, giveaways and popcorn.

**Coping With Grief**
Mon. Oct. 23  P. Jones  1 p.m.
Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

**Stress Management Through Biofeedback**
Mon., Oct. 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.

**Discussing Our Choices**
Wed., Sept. 20  E. Hayden & S. Goodin  2 p.m. – 4 p.m.
Thur., Sept. 28  E. Hayden & J. Hardy  1 p.m. – 3 p.m.
Fri., Oct. 13  D. McDonald  1 p.m. – 3 p.m.
Tues., Oct. 24  N. Keramidas & P. Jones  2 p.m. – 4 p.m.
Mon., Nov. 13  M. Altiere  10 a.m. – 12:00 p.m.
Thur., Nov. 30  N. Keramidas & P. Jones  1 p.m. – 3 p.m.
Fri., Dec. 8  N. Keramidas & M. Altiere  9 a.m. – 11 a.m.
Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

SUPPORT GROUPS

**Feel Better Fast**
Mon. Sept. 18 – Oct. 9  4 sessions
J. Martin & M. Altiere
2 p.m.-3 p.m.
Wed., Oct. 4 – Oct. 25  4 sessions
E. Hayden & J. Brionez
11 a.m. – 12 p.m.
Mon., Oct. 30 – Nov. 20  4 sessions
M. Altiere & S. Goodin
4 p.m. – 5 p.m.
Wed., Nov. 1 – Nov. 29  4 sessions
E. Hayden & J. Hardy
11 a.m. – 12 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. Topics include building a foundation of happiness, practicing mindfulness and gratitude skills, nurturing relationships, and finding your passion.

**Supersize Your Relationships Group**
M. Altiere & J. Hardy
Begins Sept. 26
Tuesdays, 2:30-4:00 p.m.
S. Rieder Bennett & J. Brionez
Begins Sept. 27
Wednesdays, 3:30-5:00 p.m.
D. McDonald & N. Keramidas
Begins Oct. 2
3:00-4:30 p.m.
E. Hayden & S. Goodin
Thursdays, Begins Oct. 12
3:00-4:30 p.m.
Learn and apply skills to build successful and lasting relationships with support from others.

**Feel Better Fast**
Mon. Sept. 18 – Oct. 9  4 sessions
J. Martin & M. Altiere
2 p.m.-3 p.m.
Wed., Oct. 4 – Oct. 25  4 sessions
E. Hayden & J. Brionez
11 a.m. – 12 p.m.
Mon., Oct. 30 – Nov. 20  4 sessions
M. Altiere & S. Goodin
4 p.m. – 5 p.m.
Wed., Nov. 1 – Nov. 29  4 sessions
E. Hayden & J. Hardy
11 a.m. – 12 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. Topics include building a foundation of happiness, practicing mindfulness and gratitude skills, nurturing relationships, and finding your passion.

**Supersize Your Relationships Group**
M. Altiere & J. Hardy
Begins Sept. 26
Tuesdays, 2:30-4:00 p.m.
S. Rieder Bennett & J. Brionez
Begins Sept. 27
Wednesdays, 3:30-5:00 p.m.
D. McDonald & N. Keramidas
Begins Oct. 2
3:00-4:30 p.m.
E. Hayden & S. Goodin
Thursdays, Begins Oct. 12
3:00-4:30 p.m.
Learn and apply skills to build successful and lasting relationships with support from others.

**Supersize Your Relationships Group**
M. Altiere & J. Hardy
Begins Sept. 26
Tuesdays, 2:30-4:00 p.m.
S. Rieder Bennett & J. Brionez
Begins Sept. 27
Wednesdays, 3:30-5:00 p.m.
D. McDonald & N. Keramidas
Begins Oct. 2
3:00-4:30 p.m.
E. Hayden & S. Goodin
Thursdays, Begins Oct. 12
3:00-4:30 p.m.
Learn and apply skills to build successful and lasting relationships with support from others.