The University of Akron
Counseling and Testing Center
Simmons Hall – Room 306
330-972-7082
http://www.uakron.edu/counseling

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

- Taking Care Week
- 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 and Testing Center, Simmons Hall Room 306 or call (330) 972-7082. Programs are in Simmons Hall room 306 unless otherwise indicated.

Space is limited and late arrivals will not be admitted.

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

THE COUNSELING AND TESTING CENTER OFFERS:

- Free Confidential Personal Counseling
- Career Decision Making
- Biofeedback
- ADHD, LD and Personality Testing
- National Tests (CLEP, ACT, LSAT, etc.)

WEB BASED RESOURCES @ WWW.UAKRON.EDU/COUNSELING

CAREER DECISION MAKING & ASSESSMENT
   SIGI 3 (System of Interactive Guidance)
   O*Net (The Occupational Information Network) career decision making information, assessment, career links

WELLNESS & MENTAL HEALTH INFORMATION
   ULifeline, Hallfloss
   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
   Stress Management

STUDY SKILLS & TEST ANXIETY
   Study Guide Zone, Study Tips.Org
   Study Skills – Test Taking/Test Anxiety Videos
ACADEMIC PERFORMANCE

Improve Your Grades Without Studying More!
Tues., Feb. 7  D. McDonald  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
Fri., Feb. 17  J. Martin  10 a.m.
Reduce the anxiety and stress related to test taking.

Good Sleep and Academic Performance
Tues., Feb. 28  M. Alliere  11 a.m.
Learn how sleep (or lack thereof) affects our bodies and study skills.

Improve Your Comprehension & Notetaking Skills
Wed., Mar. 8  J. Martin  11 a.m.
Learn critical thinking skills, effective study techniques and how to take good notes.

Overcome Procrastination
Tues., Apr. 18  J. Martin  10 a.m.
Learn strategies to overcome procrastination.

CHOOSING A MAJOR/CAREER PLANNING

Managing Sexual Orientation/Gender Identity in the Workplace.
Wed., Feb. 22  E. Hayden  11 a.m.
Discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace

Heart + Head = Hustle
Mon., Apr. 3  N. Chapman  1 p.m.
Hustle teaches participants how to identify work that aligns their heart (addressing the social and environmental issues that most move them) and their head (using their unique gifts).

WHO WE ARE

Culture Shock
Fri., Feb. 3  J. Lee & N. Keramidas  11 a.m.
Discuss signs/symptoms of culture shock, understand stages of cultural adaptation and learn coping strategies.

A Parent and Also a Student
Fri., Feb 10  N. Keramidas  10 a.m.
Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

Mosaic: Women of Color
Wed., Feb. 15  J. Lee & M. Akinfosile  11 a.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).

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

Rethinking Gender
Mon., Mar. 20  K. Silver  1 p.m.
Discuss what it means to be a woman, debunking stereotypes and raising critical consciousness. This workshop is trans-inclusive, intersectional, and includes a discussion of gender identity and gender expression (masculinity/femininity).

I Am Not My Hair
Mon., Mar. 6  M. Akinfosile  1 p.m.
Body image and colorism concerns of Black Women.

Transgender Awareness
Mon., Apr. 17  E. Hayden  1 p.m.
Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

Empowering the Bystander
Mon., Apr. 24  E. Hayden & M. Akinfosile  1 p.m.
Learn how to identify and act to prevent sexual violence by distracting, delegating or intervening to create a safe environment for everyone.

TAKING CARE WEEK! Mar. 13-17

Taking Care Resource Fair
Mon., Mar. 13  Student Union Piano Lounge  11:30 a.m. – 1:30 p.m.
Learn about University departments and student organizations that can help you take care of yourself and others. Steinway Artist, Joe Augustine will perform for a portion of this event.

Taking Care of Yourself Physically – Health Screenings Fair
Tues., Mar. 14  Polsky, 3rd Floor Atrium  11:30 a.m. – 1:30 p.m.
Drop by Polsky for free health screenings provided by The College of Health Professions.

Taking Care of Yourself Emotionally – Stress Management Fair
Wed., Mar. 15  Student Union Piano Lounge  11:30 a.m. – 1:30 p.m.
Relieve some of your stress with multiple relaxing and fun events at the Union.

Peace, Love and Happiness
Wed., Mar. 15  Student Union 316  1:00 -2:00 p.m.
A workshop to help participants create more peace, love and happiness in their lives.

Taking Care of Others
Thurs., Mar. 16
- Get Well Cards for Children
  Student Union Piano Lounge 11:30 a.m. – 1:30 p.m.
Help create “Get Well” cards for children at Akron Children’s Hospital

- Safe Zone Ally Training
  TBD  9:00 a.m. – 12:00 p.m.
Learn how to support the gender and sexual minority community and create an affirming campus climate.

Taking Care of Your Future Self – Future Self Fair
Fri., Mar. 17  Student Union Piano Lounge  11:30 a.m. – 1:30 p.m.
Join us for an information fair of different ideas on how to prepare for your career path and life after graduation.

INCREASING WELLNESS

Stress Management Through Biofeedback
Thur., Feb. 9  E. Hayden  2 p.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.

Coping With Grief
Thurs. Feb. 16  M. Akinfosile  11 a.m.
Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

Self Compassion: Accept Who You Truly Are
Wed., Apr. 12  S. Sheng  10 a.m.- 11a.m.
Discuss how come we never feel we are good enough and how to embrace who we really are.

Suicide Prevention
Mon., Apr. 3  E. Hayden  10 a.m.
Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

Discussing Our Choices
Thur., Feb. 2  M. Akinfosile & N. Keramidas  3 p.m. – 5 p.m.
Fri., Feb. 24  D. McDonald  2 p.m. – 4 p.m.
Fri., Mar. 10  M. Alliere  10 a.m. – 12 p.m.
Wed., Mar. 22  J. Lee  1 p.m. – 3 p.m.
Tues., Apr. 11  D. McDonald  10 a.m. - 12 p.m.
Mon., Apr. 17  J. Lee  9 a.m. – 11 a.m.
Fri., Apr. 28  E. Hayden  2 p.m. – 4 p.m.
Fri., May 5  J. Lee  9 a.m. – 11 a.m.
Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

SUPPORT GROUPS

Supersize Your Relationships Group
D. McDonald & N. Chapman  Mon., Begins Feb. 6
M. Alliere & M. Akinfosile  Tues., Begins Feb. 7
S. Rieder Bennett & N. Keramidas  Wed., Begins Feb. 8
E. Hayden & J. Lee  Thurs., Begins Feb. 23
Learn and apply skills to build successful and lasting relationships with support from others.

Anxiety Management Group
J. Lee  (4 sessions)
Thurs., Feb. 16 – Mar. 9  2:00-3:00 p.m.
J. Lee  (4 sessions)
Fri., Apr. 7 – Apr. 28  11:00 a.m. -12:00 p.m.
Learn the types and symptoms of anxiety and practice better coping skills.

Acceptance and Commitment Therapy Group (ACT)
M. Alliere & N. Keramidas  (4 sessions)
Mon., Jan. 30 – Feb. 20  2:00-3:00 p.m.
M. Alliere & M. Gregor  (4 sessions)
Mon., Feb. 27 – Mar. 20  4:00-5:00 p.m.
E. Hayden & M. Akinfosile  (4 sessions)
Wed., Apr. 5 – Apr. 26  11:00 am – 12:00 p.m.
Learn skills to assist to deal with life struggles. An ideal group for people with depression or anxiety.