Spring Semester 2018
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 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

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)

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
ACADEMIC PERFORMANCE

Improve Your Grades Without Studying More!
Mon., Jan. 29 N. Keramidas 1 p.m.
Fri., Apr. 13 N. Keramidas 10 a.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
Thu., Feb. 22 J. Brionez 2 p.m.
Fri., Apr. 6 J. Brionez 11 a.m.
Reduce the anxiety and stress related to test taking.

Good Sleep and Academic Performance
Mon., Apr. 9 J. Hardy 10 a.m.
Learn how sleep (or lack thereof) affects our bodies and study skills.

Improve Your Comprehension & Note-taking Skills
Tues., Feb. 13 J. Martin 11 a.m.
Wed., Apr. 18 J. Martin 11 a.m.
Learn critical thinking skills, effective study techniques and how to take good notes.

Overcome Procrastination
Mon., Feb. 5 S. Goodin 1 p.m.
Wed., Mar. 21 S. Goodin 11 a.m.
Learn strategies to overcome procrastination.

CHOOSING A MAJOR/CAREER PLANNING

Managing Sexual Orientation/Gender Identity in the Workplace
Tues., Mar. 6 E. Hayden & S. Goodin 11 a.m.
Discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace.

Working on Purpose (Deciding on a Major or Career)
Fri., Mar. 9 N. Keramidas 11 a.m.
Not sure what you want to do? Examine your passions, strengths, limitations, and stressors to assist you in clarifying career goals, includes values and self-exploration.

WHO ARE WE

Race Talk
Wed., Feb. 14 P. Jones & N. Keramidas
STUN 312 10 a.m.
Let’s start the conversation: listening, humility and openness.

Race Talk
Wed., Feb. 28 P. Jones & N. Keramidas
STUN 312 10 a.m.
Continuing the conversation: moving forward in humility.

Black & Beautiful
Wed., Mar. 7 D. Randall & B. Griffin
STUN 314 1 p.m.
A conversation of black womanhood, colorism, and body image.

Transgender Awareness
Fri., Mar. 9 E. Hayden & S. Goodin 1 p.m.
Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

A Parent and Also a Student
Wed., Mar. 14 N. Keramidas & J. Hardy 11 a.m.
Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

Mosaic: Women of Color
Wed., Mar. 14 B. Griffin & D. Randall
STUN 310 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 (Predominantly White Institution).

Trailblazers: First Generation College Students Tell Their Stories
Tues., Mar. 20 N. Keramidas 11 a.m.
Share your experiences as a first generation college student, identify unique stressors and establish strategies for success.

Step Away from the Mirror: 7 steps to body positivity
Tues., Mar. 20 P. Jones & J. Hardy
STUN Ballroom C/D 1 p.m.
Learn about body image and how to embrace a body positive world.

International Student Experience
Tues., Apr. 10 N. Keramidas 12 p.m.
Learn about typical challenges in cultural adaption and coping strategies for stress management.

Relationships, Sexuality and Violence (RSVP) Class for Men
Fri., Apr. 13 J. Brionez 11 a.m.
Myths and the media- What kind of messages do we receive about sex, sexuality and sexual assault?

Sex positive education- How do we learn to communicate, give and receive consent, and build healthy relationships?

Asserteriveness and other tools- How can we stand up for what we want, and for what we don’t and make other positive changes in our lives?

INCREASING WELLNESS

Coping With Grief
Tues. Apr. 24 P. Jones 1 p.m.
Learn about normal reactions to loss, healthy coping strategies, and growing through your grief.

Suicide Prevention
Wed., Apr. 25 J. Brionez & J. Hardy 2 p.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. 1 E. Hayden & P. Jones 2 p.m. – 4 p.m.
Fri., Feb. 23 D. McDonald & J. Hardy 1 p.m. – 3 p.m.
Mon., Mar. 5 M. Alliere & J. Brionez 1 p.m. – 3 p.m.
Tues., Mar. 13 E. Hayden & S. Goodin 10 a.m. – 12 p.m.
Tues., Apr. 17 D. McDonald & J. Brionez 9 a.m. – 11 a.m.
Fri., Apr. 27 P. Jones & M. Alliere 1 p.m. – 3 p.m.
Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs.

TAKING CARE WEEK! Feb. 26 – Mar. 2

Taking Care Resource Fair
Mon., Feb. 26 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, John Augustine will perform for a portion of this event.

Taking Care of Yourself Physically – Health Screenings Fair
Tues., Feb. 27 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.

Suicide Prevention
Tues., Feb. 27 J. Brionez & J. Hardy
STUN 314 1 p.m. – 2 p.m.
Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

TAKING CARE OF YOURSELF Emotionally – Stress Management Fair
Wed., Feb. 28 STUN Piano Lounge
11:30 a.m. – 1:30 p.m.
Relieve some of your stress with multiple relaxing and fun events at the Union.

Stress Management Through Biofeedback
Wed., Feb. 28 E. Hayden
STUN Piano Lounge
11:30 a.m. – 1:30 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.

Peace, Love & Happiness
Wed., Feb. 28 D. McDonald
STUN 314 1:00 p.m. – 2:00 p.m.
A workshop to help participants create more peace, love and happiness in their lives.

Safe Zone Ally Training
Thurs., Mar. 1 STUN 314
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 Others
Thurs., Mar. 1 STUN Piano Lounge
11:30 a.m. – 1:30 p.m.
Spend time with therapy dogs while making Get Well Cards for Children at Akron Children’s Hospital.

Taking Care of Your Future Self – Future Self Fair
Fri., Mar. 2 STUN 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.

SUPPORT GROUPS

Anxiety Management Group
Mon, Feb. 12 – Mar. 12 5 sessions
N. Keramidas & P. Jones 1 p.m. – 2 p.m.
Thurs., Apr. 5 – May 3 5 sessions
N. Keramidas & P. Jones 2 p.m. – 3 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.