



# COLLEGE SURVIVAL KIT SUCCESS EXPRESS

*Spring Semester 2020*

*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*
- Study Skills*
- Manage Stress*
- 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 noted  
i.e. STUN- Student Union**

**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 comprehensive culturally responsive psychological and testing services.

For more information visit the web page [www.uakron.edu/counseling](http://www.uakron.edu/counseling)

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## WEB BASED RESOURCES @ [WWW.UAKRON.EDU/COUNSELING](http://WWW.UAKRON.EDU/COUNSELING)

### CAREER DECISION MAKING & ASSESSMENT

FOCUS 2  
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

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## ACADEMIC PERFORMANCE

### Study Skills

Fri., Jan., 24	M. Altieri	11a.m.
Wed., Feb. 5	D. McDonald	3 p.m.
Mon., Feb. 17	B. Akpan	4 p.m.
Tues., Mar. 3	N. Keramidas	1 p.m.
Fri., Apr. 10 W.	Stem	2 p.m.
Wed., Apr. 22	P. Jones	1 p.m.

Topics may include test anxiety, procrastination, and various strategies to earn higher grades.

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## CHOOSING A MAJOR/CAREER PLANNING

### Managing Sexual Orientation/Gender Identity in the Workplace

Tues., Mar. 10 A. Molder & W. Stem 1 p.m.

Discuss various strategies people use regarding their identity as a gender or sexual minority in the workplace.

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## WHO WE ARE

### Black & Beautiful

Wed., Feb. 5 P. Jones & B. Akpan  
STUN 314 11 a.m.

A conversation of black womanhood, colorism, and body image.

### International Student Experience

Fri., Feb. 14 N. Keramidas  
STUN 314 1 p.m.

Learn about typical challenges in cultural adaption and coping strategies for stress management.

### Race Talk

Tues., Feb. 25 N. Keramidas & B. Akpan  
STUN 314 11 a.m.

Let's start the conversation: listening, humility and openness.

### Mosaic: Women of Color

Thur., Mar. 12 P. Jones & B. Akpan  
STUN 314 2 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., Apr. 3 E. Hayden & W. Stem 2 p.m.

Learn about basic dimensions of gender, identity, issues impacting transgender individuals and being an ally.

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## INCREASING WELLNESS

### Suicide Prevention

Mon., Mar. 16 E. Hayden & B. Akpan 2 p.m.

Learn the signs that someone may be depressed or suicidal and how to refer people for potentially life-saving help.

### Grief

Mon., Apr. 6 P. Jones 1 p.m.

Learn about normal reactions to loss, healthy coping strategies and growing through your grief.

### Relationships, Sexuality and Violence (RSVP) for Men

Mon., Apr. 13 W. Stem 1 p.m.

A workshop for men to learn about messages that men receive regarding sexuality and sexual assault. An opportunity to develop communication skills to improve relationships.

### Discussing Our Choices

Fri., Feb. 7 D. McDonald & B. Akpan  
9 a.m. – 11 a.m.

Fri., Mar. 13 D. McDonald & A. Molder  
1 p.m. – 3 p.m.

Fri., Apr. 17 M. Altieri & W. Stem  
2 p.m. – 4 p.m.

Explore attitudes, risks and decision making surrounding the use of alcohol and other drugs. This workshop uses EChug on the Counseling and Testing Center webpage.

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## TAKING CARE WEEK! Feb. 24 – Feb. 28

### Taking Care of Yourself Emotionally- Stress Management Fair

Mon., Feb. 24  
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.

### Peace, Love and Happiness

Mon., Feb. 24  
STUN 316 1:00- 2:00 p.m.

A workshop to help participants create more peace, love and happiness in their lives.

### Taking Care of Yourself Physically – Health Screenings Fair

Tues., Feb. 25  
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 Others

#### Get Well Cards for Children

Wed., Feb. 26  
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.

#### Safe Zone Ally Training

Wed., Feb. 26 STUN 316  
9:00 a.m. – 12 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

Thurs, Feb. 27 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.

### Friday Workshop

#### S.A.D.

Fri, Feb. 28 STUN 316  
W. Stem 11:00 a.m. – 12:00 p.m.

Quick tips to manage Stress, Anxiety, Depression.

#### The Link between Mood and Food

Fri., Feb. 28 STUN 316  
1:00 p.m. – 2:00 p.m.

Learn how to change eating habits to improve your mood.

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## SUPPORT GROUPS

### Anxiety Management Group

Thur., Jan. 30 – Feb. 27 **5 sessions**  
N. Keramidas & E. Hayden 2 p.m. – 3 p.m.

Fri., Feb 7 – Mar. 6 **5 sessions**  
P. Jones & D. Campbell-Halfaker 1 p.m. – 2 p.m.

Wed., Feb. 19 – Mar. 18 **5 sessions**  
W. Stem & G.Wolfe 11 a.m. – 12 p.m.

Tues., Mar. 31 – Apr. 28 **5 sessions**  
N. Keramidas & B. Akpan 1 p.m. – 2 p.m.

Fri., Apr. 3 – May 1 **5 sessions**  
P. Jones & A. Molder 1 p.m. – 2 p.m.

Learn about anxiety and how it applies specifically to you. Lower your anxiety by implementing your own anxiety management plan.

### Feel Better Fast

Fri., Jan., 31 – Feb. 21 **4 sessions**  
D. McDonald 11 a.m. – 12 p.m.

Mon., Feb. 17 – Mar. 9 **4 sessions**  
B. Akpan & A. Capuano Fant 2 p.m. – 3 p.m.

Wed., Feb. 26 – Mar. 18 **4 sessions**  
A. Molder & K. King 1 p.m. – 2 p.m.  
Thurs., Apr. 2 – Apr. 23 **4 sessions**  
J. Martin & W. Stem 2 p.m. – 3 p.m.  
Fri., Apr. 10 – May 1 **4 sessions**  
M. Altieri 11 a.m. – 12 p.m.

Learn unique skills to deal with life challenges and start on the path to improvement. An ideal group for people struggling with depression or anxiety.

### Supersize Your Relationships Group

Mon., Feb. 3 – Apr. 27 **4 sessions**  
N. Keramidas & P. Jones 3:00 p.m. – 4:30 p.m.

Tues., Feb. 4 – Apr. 28 **4 sessions**  
M. Altieri & B. Akpan 2:30 p.m. – 4:00 p.m.

Wed., Feb. 12 – Apr. 29 **4 sessions**  
D. McDonald & W. Stem 3:30 p.m. – 5:00 p.m.

Thurs., Feb.13 – Apr. 30 **4 sessions**  
E. Hayden & A. Molder 3:00 p.m. – 4:30 p.m.

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

### S.A.D.

Tues., Jan. 28 A. Molder  
4:00 p.m. – 5:00 p.m.

Thurs., Feb. 13 J. Martin  
1:00 p.m. – 2:00 p.m.

Fri., Feb. 28 W. Stem (STUN 316)  
11:00 a.m. – 12:00 p.m.

Wed., Mar. 11 P. Jones  
2:00 p.m. – 3:00 p.m.

Thurs., Apr. 2 B. Akpan  
11:00 a.m. – 12:00 p.m.

Tues., Apr. 14 A. Molder  
4:00 p.m. – 5:00 p.m.

Quick tips to manage Stress, Anxiety, Depression.