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.

Space is limited and late arrivals will not be admitted.

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

Study Skills
Fri., Jan., 24 M. Alliere 11 a.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.

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.

WHO WE ARE

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

A conversation of black womanhood, colorism, and love and happiness in their lives.

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 (Predominantly 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.

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. 15 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. Alliere & 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.

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
Polysky, 3rd Floor Atrium 11:30 a.m. – 1:30 p.m.

Drop by Polysky 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 Yourself 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.

Support Groups

Anxiety Management Group
Thur., Jan., 30 – Feb. 27
N. Keramidas & E. Hayden
STUN 314 11 a.m. – 1:30 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
D. McDonald
STUN 316 11 a.m. – 12 p.m.

4 sessions

Mon., Feb. 17 – Mar. 9
B. Akpan & A. Capuano Fant
STUN 316 2 p.m. – 3 p.m.

Quick tips to manage Stress, Anxiety, Depression.

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.

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
N. Keramidas & P. Jones
STUN 316 11:00 a.m. – 1:30 p.m.

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

DIEGO SANCHEZ

Tues., Feb. 4 – Apr. 28 M. Alliere & B. Akpan
March 10 – April 29 D. McDonald & W. Stem
March 30 – April 5 D. McDonald & W. Stem
4 sessions

Mon., Apr. 13 W. Stem
11:00 a.m. – 12:00 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
N. Keramidas & P. Jones
STUN 316 11:00 a.m. – 1:30 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.

Support Groups

Anxiety Management Group
Thur., Jan., 30 – Feb. 27
N. Keramidas & E. Hayden
STUN 314 11 a.m. – 1:30 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
D. McDonald
STUN 316 11 a.m. – 12 p.m.

4 sessions

Mon., Feb. 17 – Mar. 9
B. Akpan & A. Capuano Fant
STUN 316 2 p.m. – 3 p.m.

Quick tips to manage Stress, Anxiety, Depression.