



RISE PRE-ORIENTATION PROGRAM

RESILIENCE, INFORMATION, SKILLS AND
EXPERIENCES

Free!

Online August 10th-20th 2020, 2-3:30 PM EDT,
Monday-Thursday

(see schedule on next page)

Starting college is exciting, but it is also a big transition full of new experiences and challenges, especially this year! RISE is a pre-orientation program for students who would benefit from learning skills to help them thrive in college, supporting their mental wellbeing and academic success.

This program is primarily designed for students who have previously experienced depression and/or anxiety. We will focus on skills for coping with and bouncing back from stress, and strategies for preventing stress by using effective study, test taking, time management and goal setting techniques. We will also work on strategies to navigate the social side of college life, connect with resources throughout the university, and develop strategies to support your own wellbeing.

Students will work in small groups with faculty and clinicians from the counseling center. Learning is primarily experiential with discussions and hands on opportunities to practice skills.

Unique to this program, students can also choose to enroll in a Health, Wellness and Life Skills course (HWL 67) to continue practicing these skills and learning new skills throughout the semester.

[CLICK HERE TO APPLY](#) OR GO TO

<https://forms.gle/PfxpyDhysf9JHGSN8>

BY AUG. 7TH

**Build your toolbox to
thrive at Brandeis ...**

Learn tricks to ace your
classes

Beat test anxiety
Get a jump on making new
friends

Learn strategies for coping
with stress

...and so much more!

A great option for students
who need to arrive early from
out of state and quarantine
on campus, as well as
students participating from
home

**For questions, please contact
the instructors:**

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Schedule

All meetings will be held on Zoom, from 2-3:30 PM Eastern Time

Week 1:

Monday 8/10: Getting to know you, campus resources for students (with an online scavenger hunt!)

Tuesday 8/11: Successfully navigating the transition to college, including COVID-19 challenges

Wednesday 8/12: Transitioning your social support network to college

Thursday 8/13: Coping with stress

Week 2:

Monday 8/17: Thriving in college classes, including hybrid and online classes

Tuesday 8/18: Perfectionism: How not to let the perfect become the enemy of the good

Wednesday 8/19: Interpersonal effectiveness: Building healthy relationships in college

Thursday 8/20: Plan ahead for success: orientation, the start of the semester and beyond