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