RISE: Resilience, Information, Skills, Experience

Work in small groups with Brandeis faculty and Counseling Center clinicians to learn effective time management and goal setting techniques, while developing skills for coping with and bouncing back from stress.

Two programs—Participate in one or the other, or both, for maximum benefit.

**PRE-TERM ORIENTATION: AUG 23RD - 25TH**

3-day program for first-year students who are looking to work on skills to help them successfully transition to college, while building connections with other first-year students. Through hands-on activities and discussions, students will develop strategies to navigate the academic and social sides of college and connect with campus resources.

**HEALTH & WELLNESS COURSE: HWL 67, MON 3:30 - 4:50**

For all undergraduates, the Health & Wellness Course (HWL 67) meets weekly throughout the fall semester (12wks). Students will have the opportunity to master and implement time management and study skills, while receiving continued support on how to deal with challenges throughout the semester. This course fulfills 2 Mind & Body Balance Modules toward the Health, Wellness and Life Skills general education requirement.

To join us, fill out the following form: [https://bit.ly/2Vj1RS8](https://bit.ly/2Vj1RS8)

If you participate in pre-orientation, we highly suggest you also enroll in the Health & Wellness Course so you can continue to work on the skills introduced in pre-orientation throughout the semester. However, participation in both programs is NOT mandatory or necessary to benefit from RISE. Participate in just pre-orientation, just the course, or both!

Questions? Contact copelab@brandeis.edu