RISE PRE-ORIENTATION PROGRAM
RESILIENCE, INFORMATION, SKILLS AND EXPERIENCES

• PRE-ORIENTATION: AUG 23rd-25th
• COURSE HWL 671: MON 3:30 – 4:50

Starting college is exciting, but it is also a big transition full of new experiences and challenges. RISE is a pre-orientation program that continues throughout the fall semester as a Health and Wellness course for students who would benefit from learning skills to help them thrive in college, support their mental wellbeing and cope with academic stress.

Throughout RISE, learning is primarily experiential with discussions and hands on opportunities to practice skills. Students will work in small groups with faculty and counseling center clinicians. Clinicians will focus on teaching students skills for coping with and bouncing back from stress, as well as strategies to support their wellbeing. Whereas faculty will focus on skills for preventing stress by using effective test taking, time management and goal setting techniques.

RISE programming will begin during pre-orientation, and will continue to meet weekly during the fall semester as a class course (12 weeks). The course will fulfill 2 Mind and Body Balance modules toward the Health, Wellness and Life Skills general education requirement.

If you are interested in participating in RISE, fill out our application: https://bit.ly/2Vj1RS8. After receiving your application, you will be provided a consent code to enroll in the class on SAGE.

If you have any questions about the program please contact copelab@brandeis.edu