RISE UNDERGRADUATE PROGRAM
RESILIENCE, INFORMATION, SKILLS AND EXPERIENCES

PROGRAM WILL RUN DURING JANUARY 19TH & 20TH WITH WEEKLY GROUP MEETINGS THROUGHOUT THE SEMESTER

RISE is a program for undergraduate students who want to learn skills to help them thrive in college, support their mental wellbeing and achieve academic success.

This program is designed for students who have previously experienced depression and/or anxiety. The program focuses on teaching 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, and engage in experiential learning with discussions and hands on opportunities to practice skills.

The program will meet for two full day sessions on Jan 19th & 20th, and will continue to meet as a group once-a-week throughout the semester to support each other, continue to learn new skills, and practice the skills learned in the program.


FOR QUESTIONS, PLEASE CONTACT JOY VON STEIGER, PHD, DIRECTOR OF THE BRANDEIS COUNSELING CENTER AT JVONST@BRANDEIS.EDU