RISE PRE-ORIENTATION PROGRAM
RESILIENCE, INFORMATION, SKILLS AND EXPERIENCES
Friday August 20th- Sunday 22nd 2021

Starting college is exciting, but it is also a big transition full of new experiences and challenges! 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.

Friday and Saturday evening we'll have fun, relaxing activities including crafts and games, ice cream, and exploring your new home of Waltham.

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.

Incoming first year students have priority, but space permitting we also welcome second year students, especially those who didn’t get to have an in-person experience last year.

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!

For questions, please contact the instructors:

Hannah Snyder
Psychology Dept.
hrsnyder@brandeis.edu

Dennis Tyrell
Counseling Center
dtyrell@brandeis.edu

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