

WELLNESS

à la Carte

- MENTAL HEALTH -

STRESS LESS

Gain practical skills for recognizing stress and responding with healthy coping strategies.

AUTOMATIC NEGATIVE THOUGHTS

Learn to recognize negative thinking and replace it with positive perspectives.

UNIQUE WAY TO COPE W/ STRESS

Discover creative, enjoyable stress-relief techniques to improve mood and everyday resilience.

MINDFULNESS 101

Learn mindfulness basics to reduce stress, improve focus, and increase self-awareness.

RESILIENCE IN HARD TIMES

Learn practical techniques for staying resilient during stressful, uncertain, and difficult times.

AGE OF RAGE

Discover healthy ways to manage anger and respond calmly during conflicts.

QUESTION, PERSUADE, REFER (QPR)

Learn QPR skills to recognize, respond, and refer someone needing immediate support.

- SEXUAL HEALTH -

SAFER SEX PRACTICES

Understand safer sex methods that reduce risks and promote sexual health confidently.

- MISC -

SERVING SIZES

Understand serving sizes while learning simple tips for healthier meals and snacks.

- SELF CARE -

ESTABLISHING BOUNDARIES

Build confidence setting personal boundaries that support balance, respect, and emotional wellbeing

GETTING GOOD SLEEP

Explore simple sleep tips that promote relaxation, restoration, and healthier daily routines.

FEELING OFF BALANCE

Balance academics, work, relationships, and self-care for a meaningful college experience.

SELF-CARE

Learn practical self-care strategies to improve wellbeing, resilience, and everyday balance naturally

- COLLEGE LIFE -

SURVIVING MIDTERMS OR FINALS

Prepare confidently for midterms or finals using effective planning, study techniques, and stress management.

ADJUSTING TO COLLEGE LIFE

Learn strategies for adjusting smoothly to college academics, relationships, and independence successfully.

WHAT'S NEXT AFTER GRADUATION?

Tips and tricks on how to thrive in life after college and mentally prepare for next steps.

HOLIDAY STRESS

Build resilience through holiday challenges with effective stress management and self-care techniques.



STUDENT HEALTH
& COUNSELING