GPS Wellbeing Session Descriptions and Schedule

Disrupting Negative Thoughts:
In this session, you will learn why it’s important to question negative self-talk. Discover a useful tool and other strategies that can guide your practical thinking and disrupt unhelpful negative thoughts. This session will be helpful if your negative self-talk is specific (e.g. passing a particular class), broad (e.g. pandemic related), or anything in between.

- Thursday 3/3 – 6 PM
- Friday 3/25 – 1:30 PM
- Wednesday 3/30 – 12:15 PM

Mindfulness and Mindful Meditation:
In this session, you will learn about mindfulness and mindfulness meditation, and how you can benefit from them as a student. You will experience a brief mindfulness meditation exercise. This session will be particularly helpful if your mind tends to focus more on the past or the future and not much in the present.

- Friday 3/4 - 1:30 PM
- Wednesday 3/9 – 12:15 PM
- Wednesday 3/23 – 12:15 PM (Zoom)
- Monday 3/28 – 7 PM
- Thursday 3/31 – 6 PM

Navigating Life at a PWI:
In this session, you will gain helpful insight from undergraduate peers on how to navigate life at a predominately white institution (PWI). This will be a safe-space for students to share their experiences with each other, build community, and learn more about relevant student orgs, campus resources & support services.

- Monday 3/7 - 10 AM (Zoom)

Stress Management:
In this session, you will discover the importance of managing stress as a college student. Student facilitators will discuss different kinds of stress, coping strategies, and practical tips to address stressors in your personal life. Enjoy a brief guided imagery and take some time for yourself to just simply relax. Managing stressors when they’re small and connecting to resources if/when they become overwhelming are vital skills you will use as a college student and after you graduate.

- Wednesday 3/2 - 12:15 PM
- Monday 3/7 - 7 PM
- Thursday 3/10 – 6 PM (Zoom)
- Tuesday 3/22 – 6:30 PM (Zoom)
- Thursday 3/24 – 6 PM
- Tuesday 3/29 – 6:30 PM
- Thursday 4/7 – 6 PM