

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.

Sessions will be offered:

- Monday, 3/8 -- 7:00PM
- Tuesday 3/30 -- 7:00PM
- Monday 4/12 -- 7:00PM
- Friday 4/23 -- 3:00PM

Mindfulness and Mindful Meditation:

In this session, you will learn about mindfulness and mindful 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.

Sessions will be offered:

- Tuesday 3/9 -- 7:00PM
- Monday 3/22 -- 4:00PM
- Wednesday 3/31 -- 7:00PM
- Thursday 4/8 -- 7:00PM
- Tuesday 4/13 -- 7:00PM

Building Connections

In this session, you will explore different strategies students use to connect with others. You will engage in a process of self-reflection and goal setting for your social life as you transition to your new role as a college student. This session can help you attend to factors that may be relevant to you as an individual and help you consider how current circumstances, such as where you are (on or off campus), social distancing guidelines, and current events have a direct impact on your options.

Sessions will be offered:

- Thursday 3/4 -- 7:00PM
- Monday 3/15 -- 7:00PM
- Thursday 3/18 -- 7:00PM
- Wednesday 3/24 -- 7:00PM
- Tuesday 4/6 -- 7:00PM
- Friday 4/16 -- 3:00PM
- Thursday 4/22 -- 7:00PM

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.

Sessions will be offered:

- Wednesday 3/3 -- 4:00PM
- Friday 3/12 -- 3:00PM
- Tuesday 3/16 -- 7:00PM
- Thursday 3/25 -- 7:00PM
- Friday 4/2 -- 3:00PM
- Monday 4/5 -- 4:00PM
- Wednesday 4/21 -- 4:00PM
- Monday 4/26 -- 4:00PM