

STUDENT SUCCESS SERIES

Counseling Programs & Services Spring 2012

February 2 (Thursday)

Balancing School with Personal Struggles & Conflicts

Having problems with transportation to classes? Is finding someone to watch your kids getting in the way of focusing on doing your best in school? These and other issues will be addressed in this presentation as you work to balance school with personal problems that may arise during your educational career.

February 9 (Thursday)

Managing the College Workload

Students will learn to manage their course load by advisement and pre-select courses to prevent burnout. Students will also learn to manage their stress and confident levels.

February 23 (Thursday)

What is Loves???

Love is a reciprocity of respect, trust, and support between two people in a dating relationship. In some cases, false perceptions of love can lead to violence. Increase your awareness and learn how to confront relationship violence should it occur. Enhance your self-expression and conflict-resolution skills, while promoting alternatives to violence through fun and challenging activities.

March 1 (Thursday)

College Mental Health: Depression

Addressing issues that are common in college students when dealing with depression and developing healthy coping skills.

March 15 (Thursday)

Substance Abuse Prevention

Substance abuse and mental health are serious issues that affect every individual in the CNMI inclusive of our college based population. This presentation will put into context available behavioral services inclusive of substance abuse prevention and mental health, implications for college a based population and cultural context of behavioral health as it embodies itself in a CNMI specific context .

March 22 (Thursday)

Culture Awareness

Understanding and appreciating intercultural differences. Students will have the opportunity to share their culture and increase their awareness of their differences and similarities between cultures.

March 29 (Thursday)

Department of Public Health HIV/STD Prevention Program

DPH officials will conduct presentation on raising awareness on HIV and STD. They will also be offering free and confidential HIV testing that is fast and painless on campus.

April 12 (Thursday)

Still Undecided?

Panel of presenters to share their experiences and expertise in their career field. Learn how they got started and where are they now.

April 19 (Thursday)

What is Healthy Sexuality?

Our sexual energy has the potential to be channeled and experienced in either destructive or life-affirming ways. Get the tools and resources that focus on promoting positive expressions of sexuality and healthy behaviors. Promoting healthy behaviors encourages sexual interactions and relationships that are consensual, respectful and informed.

April 26 (Thursday)

Disability 101

Addressing common misconceptions about disabilities and empowering the community to better understand individuals with a disability.

**Where// Student Center
When// 10-11am & 2-3pm**



**COLLEGE ACCESS
CHALLENGE G R A N T**