

Finding The Balance – Stress, College, and Coping



This group includes six sessions that are designed to help CSU students manage the stress that comes with finding a balanced life while attending college. At each session, new skills will be learned by group members and there will be a chance to share one's own experiences if desired. You may attend as many or as few of the session as you would like. Each session will be offered twice during the semester and will be facilitated by psychologist Todd Seibert, Ph.D. and psychology intern Preston Elder, M.S. The group sessions are free, but registration is required, so please call 216-687-2277 or email t.m.seibert@csuohio.edu to register.

Group Schedule (1st Rotation) – Wednesdays at 4pm

- 1-22: Relaxation for Life
- 1-29: Embracing Change
- 2-5: Unlocking the Power of Positive Thinking
- 2-12: Mindfulness - Being Here, Being Now
- 2-26: Skills for Effective Assertiveness
- 3-5: Being a Caregiver for Yourself

Group Schedule (2nd Rotation) - Mondays at 1pm

- 3-17: Relaxation for Life
- 3-24: Embracing Change
- 3-31: Unlocking the Power of Positive Thinking
- 4-7: Mindfulness - Being Here, Being Now
- 4-14: Skills for Effective Assertiveness
- 4-21: Being a Caregiver for Yourself