

Spring 2021 Virtual Drop-In Groups

Education • Skill Development • Support

- ✓ Open to undergraduate and graduate students in-state or out-of-state or international
- ✓ No screening required
- ✓ Join meeting at designated day and time to participate (see Zoom Meeting ID below)

Drop-In Groups At-A-Glance

Anxiety Management – Wednesdays, 12-12:50 p.m., Starting February 17th

Interpersonal Skills – Thursdays, 3-3:50 p.m., Starting February 18th

Moving Towards Graduation – Wednesdays, 3-3:50 p.m., Starting March 17th

What is a drop-in group? A drop-in group is a space to discuss and learn about specific topics, experiences, and identities. These spaces are designed to offer support and resources that are specific to your lived experiences, without the need for semester-long commitment. You are welcome to attend as often as you wish. It also offers an opportunity to connect with other students, give voice to your personal experiences, and discover new ways of coping.

Anxiety Management Are you feeling overwhelmed by academic pressures and other stressful circumstances? This drop-in group is for students who want to learn about anxiety and how to manage it. Students will learn about two approaches to managing anxiety. The first approach (drop-in groups with Allie) focuses on feelings, behaviors, and thoughts associated with anxiety, and learning and practicing strategies that help you cope with anxiety. The second approach (drop-in groups with Jeff) focuses on attending to the psychological posture that gives rise to the experience of anxiety. This approach involves discovering and adopting new ways of relating with yourself, freeing you from being stuck sliding up and down the calm-to-anxious continuum.

Wednesdays, 12-12:50 p.m., Every other week starting 2/17
(2/17, 3/3, 3/17, 3/31, 4/14, & 4/28)

Facilitator: Allie Jedinak, Psy.D.
Zoom Meeting ID: 918 5893 4953

Wednesdays, 12-12:50 p.m., Every other week starting 2/24
(2/24, 3/10, 3/24, 4/7, 4/21, & 5/5)

Facilitator: Jeff Beyer, Ph.D.
Zoom Meeting ID: 918 5893 4953

Interpersonal Skills Seeking to improve your communication or assertiveness skills? From family to friends to classmates and professors, we are faced with a variety of opportunities to communicate each day. Communication is impacted by multiple factors including mood, emotion, environmental, and cultural contexts. This drop-in group focuses on improving elements of communication tailored to members' needs each week.

Thursdays, 3-3:50 p.m., Weekly starting 2/18
(February 18th to May 6th)

Facilitator: Allie Jedinak, Psy.D.
Zoom Meeting ID: 933 9620 1154

Moving Towards Graduation Do you feel worried about graduating? Feel afraid about not having a job or insecure about the future? This drop-in group focuses on the challenges of saying goodbye to the University and entering the next stage of life. Members are encouraged to share their experiences and exchange ideas on how to navigate this transition.

Wednesdays, 3-3:50 p.m., Weekly starting 3/17
(March 17th to May 5th)

Facilitator: Allie Jedinak, Psy.D.
Zoom Meeting ID: 974 9623 4158