

Transitioning to College – Tina Livingston, staff counselor, will focus on time management, independence, decision making, relationships, and other skills freshmen will encounter as they transition into college life. This boot camp will be held on **Thursday, September 1st, at 1:40-2:30 pm (X-Period) in room 307 of the Student Health Center.**

Ready, Sex.....? - Officer Hopper, UCA PD, and, Reesa Ramsahai, staff counselor, will discuss predatory behavior, techniques to increase personal safety, and consent. All genders welcome. This boot camp will be held on **Thursday, September 8th, at X-Period, in room 307 of the Student Health Center.**

Creating Meaning at UCA - Josh Root, Counseling Center Intern, will assist participants in exploring how to get the most out of their experience at UCA. He will explore career choices, building relationships with faculty, networking, and managing the anxiety where learning and exploration can occur. This boot camp will be held on **Thursday, September 15th, at X-Period, in room 307 of the Student Health Center.**

Managing Conflict – Learning how to talk with an individual(s) in a difficult situation will be the focus of this boot camp. This boot camp will be led by Josh Root, and Denira Zardoost, Counseling Center interns. They will focus on communication skills that are assertive and reduce the need for defensive behavior by others. This boot camp will be held on **Thursday, September 22nd, at X-Period, in room 307 of the Student Health Center.**

Performance Anxiety – We can experience performance anxiety in the field, class room, and/or stage. Matt Pickard, and Jason Ribbing, counselors, will define performance anxiety and discuss a variety of ways to manage it. This interactive boot camp will be held on **Thursday, September 29th, at X-Period, in room 307 of the Student Health Center.**

Take a Break - Melanie Jones, Counseling Center Intern, will address symptoms of stress, healthy and unhealthy ways to manage stress, and participate in stress management techniques. This boot camp will be held on **Thursday, October 6th, at X-Period, in room 307 of the Student Health Center.**

How to Have a Healthy Relationship- Dr. Jim Guinee will host this boot camp and address the ingredients of a healthy relationship, red flags in a relationship, and how to break up. Whew! This boot camp will be held on **Thursday, October 20th, at X-Period in room 307 of the Student Health Center.**

and finally,

Knowing the Signs of Depression – Dr. Susan Sobel and Denira Zardoost will discuss the symptoms of depression, methods of treatment, and how to be supportive when working with an individual with suicidal ideation. This boot camp will be held on **Thursday, October 27th, at X-Period, in room 307 of the Student Health Center.**