

Don't Cancel That Class

Programming by the Center for Counseling to assist Asbury faculty

Do you have a conference to attend or an unexpected family obligation to meet? If you must miss a class, don't cancel that class! Allow our professionally trained counseling staff to bring an interactive workshop on topics that are relevant to college success.

To schedule a DON'T CANCEL THAT CLASS, please email counseling@asbury.edu 2 weeks in advance. One of our counselors will follow up with you to schedule. Please note that the DCTC workshops are typically 45-60 minutes in length. In order for students to get the most benefit out of the workshop, please prepare your students by communicating your expectations for their attendance and sharing your enthusiasm about the benefits of these programs.

The following workshops are currently being offered:

Breakout of the Worry Maze

Often we find ourselves in a maze of worries, reaching dead ends of discouragement, anxiety, frustration and sleepless nights. Learn a strategy to breakout of the worry maze by identifying the worry and its negative influence upon your personality. This workshop will help you become more aware of the way worry leads you to irrational thinking, feelings of panic and a series of bad habits. Let's BREAKOUT of the worry maze!

Healthy Boundaries

Students often do not have any concept of what healthy boundaries look like in relationships with peers, parents, or even themselves. This workshop discusses ways to identify a lapse in personal boundaries, what boundaries are, general rules for creating and maintaining boundaries, spiritual aspects of boundaries, and tips for asserting boundaries with others to develop healthy interpersonal skills.

Pillars of Mental Health

This class is designed as a brief introduction to a basic model of self-care for long-term success in personal, work, academic, and social circumstances. Key features of self-care are addressed in a manner designed to provoke self-reflection. To make the material personally applicable: degrees of planning for every day, routine, and emergency self-maintenance are addressed.

Mindfulness 101

Increasing attention and focus in the present moment, with the potential to benefit academic, relational and/or personal functioning. This class will expose students to the benefits of mindfulness and teach basic introductory skills that can help equip students to improve attention.

You Don't Have to Stay So Blue: Managing Your Mood

Ever consider the fact that what you think about and what you choose to do (or not do) can change the way you feel? Well, why not be intentional with your thoughts and behaviors to improve your overall mood.

Helping Students in Emotional Distress

At times, you will have contact with other students whose problems or behaviors cause you concern, discomfort, or may interfere with your work, their education or the education of other students. This program will focus on providing students with the necessary skills to identify, communicate with and refer emotionally distressed students to the appropriate mental health services.

Protecting Your Priorities

This workshop introduces students to a variety of time management techniques including the concept of priority management and how effective time management improves academic performance, relationships and quality of life.

The ABC's of Getting Your Zzzz's

College students are some of the most sleep-deprived people in the U.S. Sleep deprivation can lead to decreased performance and alertness, difficulty concentrating, memory problems, and emotional distress. In this workshop students will learn about the importance of sleep, the effects of sleep deprivation, and strategies for getting better sleep.

What Everyone Should Know About Wellness

Participants will be introduced to the concepts of wellness and good health and the challenges of maintaining wellness during college life. Through discussion and personal exploration, students will be able to identify their strengths and weaknesses on the personal wellness wheel and establish goals for improving their health.