MANAGING TEST ANXIETY

Do you prepare for exams but still receive low test scores? You may have test anxiety or problems concentrating. Learn how you can define the problem and develop productive solutions.

All workshops are held at 1:00 in 203 Frazee Hall.
Tuesday, October 8      Tuesday, November 12
Wednesday, October 9    Tuesday, December 10
Tuesday, October 15     Wednesday, December 11
Wednesday, October 16

RECHARGE YOUR BATTERY

Our three-part workshop, "Resilience Recharge," helps you manage stress as you approach midsemester. Each workshop is a stand alone topic - meaning you can attend all three or just ones that work for your schedule.

All workshops are Thursdays at 1:00 in 203 Frazee Hall.
Mindset: October 3      Mindset: November 7
Acceptance: October 10   Acceptance: November 14
Self-Care: October 17    Self-Care: November 21

MEDITATION

There's a reason meditation has been around for thousands of years. It boosts immunity, self-control, productivity and much more. Stop in and give it a try!

FRIDAYS

Color Coded 3:30 - 5:00 in 202A Frazee
Narrative and expressive therapy for students of color, aimed to empower the authentic self, give space for unique perspectives, and use art to cultivate pride and growth.

HELP YOUR FRIENDS

Our "Question. Persuade Refer" (QPR) workshops teach you how to recognize the warning signs of suicide and how to apply three simple steps that may save a life.

All QPR workshops are held at 1:00 in 203 Frazee Hall.
Tuesday, September 10   Tuesday, October 29
Wednesday, September 18  Wednesday, November 20
Wednesday, October 2

WEEKLY PROGRAMS

PROGRAMS OFFERED WHILE FALL 2019 CLASSES ARE IN SESSION

JUST NEED TO TALK?

Our Let’s Talk program provides easy access to informal confidential conversations with clinicians from the UK Counseling Center. Clinicians hold walk-in hours at six sites around campus Monday through Thursday.

There is no fee or appointment necessary.

MONDAYS

UKPD Therapy Dog Hudson at 2:00 in 114 Frazee
Drop in and spend some time with the UK Police Department’s first K-9 Therapy dog, Hudson.

Relax, Relate, Release at 4:00 in 114 Frazee
An hour of self-care and community for students of color. Join us for tea, healthy snacks, self-care activities, and supportive conversation.

TUESDAYS

[NEW] Guided Imagery at 4:00 in 114 Frazee
Guided imagery is a meditative technique that appeals to the creative parts of your mind. Ultimately, the goal is to use positive symbols to create a powerful connection between your body and mind.

WEDNESDAYS

Meditation at 4:00 in 114 Frazee
There’s a reason meditation has been around for thousands of years. It boosts immunity, self-control, productivity and much more. Stop in and give it a try!

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