

# Focusing on Success: Strategies for Succeeding at College

**Tuesdays, September 8-December 1, 2009**  
**1:00-1:50 PM**  
**Student Center 161**

A weekly hour devoted to providing informal education about and practicing proactive methods for succeeding in college.

The tentative format is below. However, each session and the topics covered will be adapted to the needs of the participants.

- 20-minute psychoeducation topic on improving study methods (not discipline-specific), reducing anxiety, and improving your overall quality of life at college.
- 20-minute group discussion of participants' questions and application to their specific situation.
- 10-minute closing with practicing a relaxation technique.

**Group facilitator:** Denise Pani, LPC, LMFT, NCC. Contact her at 318-342-5220 or [dpani@ulm.edu](mailto:dpani@ulm.edu) if you have questions or concerns.

The information covered in each session is available online at [www.ulm.edu/counselingcenter/Groups](http://www.ulm.edu/counselingcenter/Groups). The more you practice the techniques we discuss, the more you will benefit.

| Month | Date | Tentative List of Topics   |
|-------|------|--|
| Sep   | 8    | Time management and creating a healthy schedule. Goals. Relaxation Technique: Counting and Breathing exercise.   |
|       | 15   | PQ4R study method. Relaxation Technique: Imagery and Guided Imagery.   |
|       | 22   | Establishing and keeping boundaries. Relaxation Technique: Alpha & Theta Music.  |
|       | 29   | Positive affirmations. What we think affects how we perform. Creating affirmations. Relaxation Technique: Sensory awareness.   |
| Oct   | 6    | Identifying and changing negative thinking. ABC exercise. Challenging problematic beliefs. Do one in group. Relaxation exercise: Neck, shoulder, and muscle stretch. |
|       | 13   | Overcoming shyness. Relaxation Technique: <i>Before</i> -sleep techniques.   |
|       | 20   | Importance of physical activity on learning. Relaxation Technique: Movement.   |
|       | 27   | Identifying additional barriers to studying and comprehension. Relaxation Technique: Progressive muscle relaxation.  |
| Nov   | 3    | Study tips for final exams. Relaxation Technique: Laughter.  |
|       | 10   | Study Skills: Improving Your Memory. Relaxation Technique: Remembering pleasant past events or successes in detail.  |
|       | 17   | Communication Strategies: Speaking our truth. Relaxation Techniques: Solitude and closing eyes. Being quiet for just a few minutes.                                  |
|       | 24   | Mindfulness (an introduction). A brief explanation of mindfulness and using the senses to ground ourselves. Relaxation Technique: Mindfulness exercise.              |
| Dec   | 1    | The importance of celebration and self-reward. Relaxation Technique: Art and Drawing (no talent necessary).  |

If you would like additional individual time on these or other topics, please let the facilitator know or call the ULM Counseling Center for an appointment, 318-342-5220.