

How to Request a Learning for Living Program

The UWSP Counseling Center welcomes requests for Learning for Living programming. If you are interested in one of the aforementioned programs for your organization or department, please contact the Counseling Center at (715) 346-3553.

Following your request, a staff member will contact you to set up a consultation appointment in order to gain a more thorough understanding of your needs/interests. From there, a date and time will be set for the programming.

The Counseling Center requests a minimum of 10 people interested in attending the program.

UWSP COUNSELING CENTER

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LEARNING FOR LIVING

PSYCHO- EDUCATIONAL PROGRAMS

UWSP COUNSELING CENTER

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Learning for Living By the Counseling Center

Outreach and psycho-educational programming to students, faculty, and staff is an integral part of the Counseling Center mission. Our programming emphasizes a developmental perspective on prevention, wellness, mental health awareness, and self-help. This brochure presents programming topics frequently requested by those in the university community. These topics touch upon the psychological concerns most often encountered by students, faculty, and staff as they attend to their daily responsibilities of learning, living, teaching, and helping.

Life Skills Focus

ESTABLISHING BALANCE AND SELF-CARE

HOW TO HANDLE A CRISIS

HEALTHY ROMANTIC RELATIONSHIPS

MANAGING STRESS EFFECTIVELY

DATE RAPE PREVENTION AND SEXUAL SAFETY

TRANSITIONS TO ADULTHOOD

THREE INGREDIENTS TO FOR A SUCCESSFUL LIFE

THINKING AND FEELING POSITIVELY:
JOURNEY TOWARD YOUR IMPOSSIBLE DREAMS

GRIEF RESOLUTION

PSYCHOLOGICAL BENEFITS TO EXERCISE

Mental Health Focus

BECOMING AWARE OF AND ASSISTING TROUBLED STUDENTS

DEALING WITH ANXIETY

ANGER MANAGEMENT

WHAT IS ADDICTION?

THE SEDUCTIVE ELEMENTS OF EARLY STAGE ADDICTION

COMPULSIVE GAMBLING

THE PHASES OF RECOVERY FROM ADDICTION

RECOGNIZING DUAL DIAGNOSIS IN THE ADDICTED INDIVIDUAL

SPIRITUAL NEEDS OF THE ADDICT

IDENTIFYING AND MANAGING ATTENTION DEFICIT/HYPERACTIVITY DISORDER

BEATING THE BLUES—TIPS FOR IDENTIFYING AND DEALING WITH DEPRESSION