College Life 101
How to *thrive* and not just survive

Weekly Group topics include:

- Adjustment anxiety – living away from home for the first time and the transition to college.
- Time management and organization – how to establish a new daily routine and organize a schedule.
- Roommate and friendship conflict resolution - communication breakdowns and how to address conflict.
- Communicating with parents and family in a healthy effective way - boundary setting and how to productively communicate with parents.
- How to ask for help – How to ask professors and/or staff for help, and how to ask for help when struggling with personal issues.
- Signs and symptoms of mental health issues, and how to access counseling.

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