



## **CAPS Workshops – Fall 2017**

By attending CAPS workshops, you will be exposed to a variety of skills to help improve your quality of life and relationships.

You are welcome to attend all the workshops or choose the workshop, which most interest you.

Workshops are **FREE** and held in the **Taggart Student Center Room (TSC) 310 B.**

**Please Reserve your seat by contacting us  
at 797-1012 or stop by  
Taggart Student Center (TSC) 306**

**Adaptive Perfectionism** – Have you ever been told you are a perfectionist? Does perfectionism interfere with your happiness? This workshop will help you learn how to develop the characteristics of healthy perfectionism.

- **Wednesday – November 15 – 11:00 a.m. to 12:30 p.m.**

**Decreasing Test Anxiety** – Most students feel some level of anxiety in testing situations. However, for some students, test anxiety is so intense that it negatively affects their academic success. In this workshop, you will learn about test anxiety and specific strategies for reducing and managing anxiety symptoms in testing situations.

- **Wednesday – November 1 – 11:30 a.m. to 12:30 p.m.**

**Effective Communication** – This workshop is an opportunity to learn effective communication, basic assertiveness, and other helpful interpersonal skills.

- **Wednesday – December 6 – 11:30 a.m. to 12:30 p.m.**

**Stress Management and Wellness** – This workshop is designed to help participants understand and manage their stress better, increase stress management skills, and develop a wellness plan.

- **Thursday – October 12 – 5:00 p.m. to 6:30 p.m.**
- **Thursday – November 30 – 5:00 p.m. to 6:30 p.m.**

**The Joy of Depression** – Exploring the benefits of mood and the essential role of sadness in the human experience. Understanding depression is more important than just alleviating depression and students will examine the experience of depression from several models (biological, sociological and psychological).

- **Tuesday – November 28 – 1:30 p.m. to 3:00 p.m.**

**Thoughts-Feelings-Behaviors** – Skills related to effectively modifying thoughts, utilizing emotions, and choosing behaviors will be discussed and practiced.

- **Thursday – October 26 – 5:00 p.m. to 6:30 p.m.**
- **Thursday – December 7 – 5:00 p.m. to 6:30 p.m.**

**Better Relationship Series** – You can attend all three or just come to the one or two, which fit for you.

- **Relationships 1010: Basic Rights and Responsibilities that Build Healthy Connections** - This workshop is for individuals and couples who are interested in learning new ways to strengthen their connections with significant others.
  - **Wednesday – October 25 – 12:30 p.m. to 1:30 p.m.**
- **Fair Fighting: Improving Communication During Conflict** - In this workshop, we will explore how to improve communication skills during conflict, including learning specific steps involved in fair fighting.
  - **Wednesday – November 8 – 12:30 p.m. to 1:30 p.m.**
- **Avoiding Relationship Pitfalls** - In this workshop, we will explore some of the common risk factors in long-term relationships and discuss strategies for avoiding these pitfalls.
  - **Wednesday – November 29 – 12:30 p.m. to 1:30 p.m.**

**Metamorphosis: Resilience Training Series** – Resilience has been shown to be most predictive of academic success. This four-session workshop will focus on fostering determination, goal setting, organization and decision making with an emphasis on developing a growth mindset. Participants will learn how to bounce back from disappointment and stick to their life plan.

- **Week One – Mindset** - The first hour will outline the importance of perspective and qualities associated with a growth mindset versus a fixed mindset. Students will examine attitudes and assumptions that promote grit, the quality of persistence promoting success.
  - **Thursday – October 26 – 11:30 a.m. to 12:30 p.m.**
- **Week Two – Goal Setting & Time Management** - The second session identifies urgent and important tasks so students focus on the essential rather than distractions. Putting first things first will allow improved academic performance as well as clear direction.
  - **Thursday – November 2 – 11:30 a.m. to 12:30 p.m.**

- **Week Three – Stress Management** - Stress is a normal aspect of college and students can learn optimal levels of stress and ways to identify and respond to emotions. Effective coping will be practiced in place of self-defeating habits.
  - **Thursday – November 9 – 11:30 a.m. to 12:30 p.m.**
- **Week Four – Networking** - Engagement and involvement are keys to teamwork and two heads are better than one. Students will learn to identify support networks and campus resources. In addition, communication skills will be reviewed.
  - **Thursday - November 16 – 11:30 a.m. to 12:30 p.m.**

**Positive Living Series** – This educational/experiential workshop series is designed to help guide your attention back from life’s challenges to things that can cultivate more positivity in our lives. Feel free to come to any or all of the workshops in this series.

- **What is This Thing we Call Happiness?** - This workshop will provide some understanding into how we define happiness, what life factors that have been found to be related to happiness, and how we can be better at finding it!
  - **Tuesday – October 17 – 1:30 p.m. to 2:30 p.m.**
- **Increasing your Aptitude for Gratitude!** - Come explore ways to recognize and practice the feeling, thoughts, and actions of gratitude for your life.
  - **Tuesday – October 31 – 1:30 p.m. to 2:30 p.m.**
- **Lift your Life with Character Strengths!** - Identify and build on your personal strengths and virtues that might help you lift life’s challenges and opportunities!
  - **Tuesday – November 14 – 1:30 p.m. to 2:30 p.m.**
- **Finding your Groove – Motivation and the Concept of Flow** - Help yourself “get in the zone” and find the motivation do more of what you need or want to do to become more successful and find fulfilment while doing it.
  - **Tuesday – December 5 – 1:30 p.m. to 2:30 p.m.**

**CAPS workshops are open to all USU students, staff and faculty.**