



CAPS Workshops – Spring 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 ones that most interest you.

Workshops are **FREE!** Please read the brochure to verify the location of each workshop.

Workshops in the Distance Education building will be broadcast to USU Regional Campuses.

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

Better Relationship Series – You can attend one, two or all three of the Relationship series workshops.

- **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 – February 15 – 12:30 p.m. to 1:30 p.m. – TSC 310 B**
- **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 – March 29 – 12:30 p.m. to 1:30 p.m. – TSC 310 B**
- **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.
 - **Monday – April 10 – 12:30 p.m. to 1:30 p.m. – TSC 310 B**

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 – March 29 – 12:00 p.m. to 1:00 p.m. – DE 013**

Get Out of Your Mind and Into Your Life – Are you feeling stuck in your mind? Are you tired of controlling and avoiding painful experiences? This workshop, based on Acceptance and Commitment Therapy, provides an alternative view of human suffering and helps you to face challenges more effectively.

- **Friday – March 24 – 2:30 p.m. to 3:30 p.m. – TSC 310 B**

Getting the Most Out of Your Sleep – Learn how to deal with sleep problems as well as how to manage your sleep to get the most rest from the time you have.

- **Thursday – February 16 – 1:00 p.m. to 2:00 p.m. – TSC 310 B**
- **Wednesday – March 22 – 4:00 p.m. to 5:00 p.m. – DE 211**

Metamorphosis: Resilience Training Series – Resilience is showing to be predictive of academic success. This 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.

- **Session 1** –
 - **Shifting Perspective – Wednesday – February 8 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**
 - **Maximizing SMART Goals – Wednesday – February 15 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**
 - **Managing Stress – Wednesday – February 22 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**
 - **Improving Relationships – Wednesday – March 1 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**

- **Session 2** –
 - **Shifting Perspective – Wednesday – March 22 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**
 - **Maximizing SMART Goals – Wednesday – March 29 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**
 - **Managing Stress – Wednesday – April 5 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**
 - **Improving Relationships – Wednesday – April 12 – 4:00 p.m. to 5:30 p.m. – LLC Building A 110**

Mindfulness – This experiential workshop will help participants learn mindfulness skills for managing stress and living more fully in the present moment. Participants learn the concept of mindfulness, and a variety of activities related to mindfulness meditation, including the body scan, sitting meditation, and walking meditation.

- **Wednesday – March 22 – 12:00 p.m. to 1:30 p.m. – TSC 310 B**

QPR Training/Helping Students Find Hope – Training in suicide awareness has become a priority on campus. QPR (Question, Persuade, Refer) is designed for any individual to notice those in need and direct them to help. Participants will practice the skill of asking sensitive questions and responding with confidence to those experiencing emotional distress. Sharing ideas for fostering hope and resource materials will be at the workshop.

- **Thursday – February 23 – 4:00 p.m. to 5:00 p.m. – DE 012**

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.

- **Wednesday – February 22 – 4:30 p.m. to 6:00 p.m. – TSC 310 B**
- **Wednesday – April 5 – 4:00 p.m. to 5:30 p.m. – DE 211**

Thoughts-Feelings-Behaviors – Participants learn and practice skills related to effectively modifying thoughts, utilizing emotions, and choosing behaviors.

- **Wednesday – March 15 – 4:30 p.m. to 6:00 p.m. – TSC 310 B**
- **Wednesday – April 19 – 4:00 p.m. to 5:30 p.m. – DE 211**

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