

CAPS Well-Being Online Workshops (WOW)

Workshop Descriptions

Achieving Goals and Sustaining Motivation

As a college student you likely have personal and academic related goals that you want to achieve. This presentation will focus on effective strategies for setting and achieving your goals as well as staying motivated throughout the process.

Assertiveness and Boundaries

Be seen, be heard, be free. Learn to be clear about your needs and wants as well as what you are not willing to tolerate. This will help you establish healthy boundaries and keep you emotionally safe.

Balancing School, Work, and Life

Are you feeling overwhelmed with the constant stream of tasks, distractions, and challenges that keep coming your way? This is a workshop where you are invited to learn about and discuss topics like time management, organizing and prioritizing your responsibilities, and self-care habits to make it through stressful periods.

Body Wellness

This workshop will discuss and promote body neutrality and overall wellness of mind and body.

Building Resiliency

This workshop will provide an overview of the definition of resiliency, how life factors can boost resiliency, and 10 ways to build personal resiliency.

Coping Skills: Mindfulness

Mindfulness is an effective strategy for managing distress and enhancing well-being. Learn to build skills to improve your awareness of the present moment and observe what is happening within and around you without judgment.

Coping Skills: Distress Tolerance

Learn ways of managing frustrations, stress, and problems effectively. It's about being active in solving problems and accepting when things are out of your control. The aim of this workshop is to address ways of managing distress and enhancing your well-being.

Coping Skills: Emotional Regulation

Learn about having healthy emotional expression and impulse control. Discover methods for balancing coping and managing emotions as well as tolerating them by "riding the wave." The aim of this workshop is to address ways of managing distress and enhancing your well-being.

Coping Skills: Interpersonal Effectiveness

Learn how to get your needs met in relationships and sustain healthy relationships while also maintaining self-respect. The aim of this workshop is to address ways of managing distress and enhancing your well-being.

Coping Through Creativity

Coping through Creativity is a workshop designed to explore how various creative mediums can enrich our mental health and wellness. The workshop will feature interactive examples of creative outlets, explore research behind artistic therapeutic approaches, and provide strategies that you can try on your own to start expressing yourself creatively!

Coping with Social Anxiety

This workshop will aim to increase participants' understanding of social anxiety. Participants will learn symptoms of social anxiety, how social anxiety may present, and healthy strategies to cope with social anxiety.

Creating Self-Compassion

Self-compassion is something we could all benefit from practicing a bit more. This workshop will review what exactly self-compassion is, highlight some of the research findings on it, and provide examples of ways to start using more self-compassion in your life.

Creating Healthy Relationships

This workshop explores safe and unsafe relationship patterns, how loneliness can affect relationship choices, healthy vs unhealthy vs abusive relationships, using conflict effectively and statistics on interpersonal violence in college.

Cultivating Discipline

This workshop is for students wanting to learn tips for mastering their behavior in the direction of their desired goals and desired self for a more productive and happy existence.

Dealing with Burnout: The 7 Types of Rest

Do you ever feel like you're running on empty? Like no matter how much sleep you get or "down time," you still feel exhausted? That's because sleep is only one aspect of recovering from burnout. This workshop explores ways to tap into Physical, Mental, Emotional, Sensory, Social, Creative, and Spiritual rest as a way of holistically combatting the exhaustion and fatigue that comes with burnout. Learn how to recognize the signs of burnout, what a deficit in each rest tenet may look like, and ways to restore balance.

Distress Management Skills

This workshop will help you learn how to manage distressing feelings, challenge negative thoughts, and take care of yourself during stressful times.

Exploring Relationship Structures

This workshop provides an educational exploration of diverse relationship structures, including monogamy, non-monogamy, queerplatonic relationships, and more. Participants will gain an understanding of the terminology, dynamics, and key characteristics of these relationship types. This session aims to increase knowledge about the variety of ways people connect and form relationships.

Forgiveness: A Path to Healing

Forgiveness is a choice. In this workshop, participants will learn what forgiveness is and why it is essential to one's healing journey. When we forgive, we unlock a greater sense of self by recognizing the shared humanity in others.

Giving and Getting Emotional Support

This workshop explores the meaning of emotional support, signs of lack of emotional support and how it affects the relationship, and steps to increase the emotional support you give and get.

Improving Communication

Participants will learn to identify their communication styles and how to improve the effectiveness of their communication with others.

Love Languages and Healthy Communication

This workshop will focus on building understanding of healthy communication habits and active listening. We will also explore the five love languages and learn how to more effectively connect in your interpersonal relationships.

Love Versus Emotional Hunger

Emotional hunger can look like love and is often mistaken for it. This workshop focuses on the difference between the two, effects of emotional hunger on a relationship, longings and genuine affection, loving responses and those determined by emotional hunger.

Managing ADHD Symptoms

Gain insight into understanding ADHD symptoms and learn about managing symptoms including inattention and hyperactivity/impulsivity to improve daily functioning.

Managing Anxiety

This workshop will describe anxiety and how it presents, strategies for confronting anxious thoughts and coping techniques to reduce physical symptoms of anxiety.

Navigating College with a Health Concern

Balancing academics, social life, and health can be challenging for students with chronic illnesses. This workshop offers practical strategies for managing common obstacles, including maintaining energy, advocating for accommodations, and handling the emotional toll of chronic illness. Participants will learn coping skills, time management techniques, and how to build a supportive network for success both inside and outside the classroom.

QPR: Suicide Prevention Training

Suicide is the 2nd leading cause of death for college students. In this suicide prevention training you will learn how to identify individuals at risk, talk with them about their suicidal thoughts, and refer them to resources for help. Suicide is preventable and you can help save a life!

Safety and Self-Care: Coping Skills

This workshop will focus on learning how to cope with trauma triggers and how to regulate heightened emotions and body sensations. It will also focus on increasing feelings of safety during a person's healing journey.

Safety & Self-Care: Rebuilding Self-Trust

This workshop will explore ways trauma can impact a person's ability to experience safety and trust. It will also focus on ways to re-build self trust and cultivate a greater sense of security.

Safety and Self-Care: Relationships & Connections

This workshop will focus on learning about the impact a traumatic experience can have on a person's relationships and social functioning. It will also focus on what it looks like to pursue healthy and supportive relationships.

Safety & Self-Care: Stress & The Nervous System

This workshop explores how your nervous system shapes your response to stress. Discover practical techniques to identify your stress triggers, enhance physical and emotional regulation, and cultivate resilience.

Self-Talk Matters

The "Self-Talk Matters" WOW will highlight common unhelpful patterns we use in communicating with ourselves, reasons for trying to shift this internal dialogue to a more supportive one, and strategies for making this shift.

Social Media and Mental Health

In this workshop you will learn how social media fits into your mental health and ways to tailor your social media experience. Learn how to identify your social media values, create balance, and check in with your self-esteem.

Therapeutic Journaling

Journaling is a powerful coping strategy, but it can be difficult to know where to start when it comes to our thoughts. Gain insight on the benefits of journaling and learn about a variety of practical and creative techniques to make it a practice that works for you.

What's Next? Managing Graduation Anxiety

It's normal to feel stress and anxiety about the next steps after graduation whether it's finding a job or plans for graduate school. If you're feeling anxious about the next phase of your life, join this workshop to learn strategies for managing graduation anxiety.