

“Don’t Cancel That Class” Program

Called away on business? Attending a conference? Family obligations?

There's no need to cancel your class. The Counseling and Wellness Program staff by way of the “Don't Cancel That Class” program can cover your class by presenting on a number of topics that are relevant to college students. Check out a listing of possible presentation topics at <http://www.qatar.tamu.edu/counseling/1374.aspx> Even if you don't need to cancel a class, you are always welcome to request a presentation for your class throughout the year. Presentations are typically 50-90 minutes in length, depending on the presentation and your class's schedule.

A Sample of Current Program Offerings

Question, Persuade, Refer - Suicide Prevention Training

Suicide is the second leading cause of death among college students. The good news is that most suicides can be prevented if concerned others learn to recognize the risk factors, develop comfort asking about suicidal thoughts, and know where to send someone for help. Participants in this presentation will leave with practical knowledge for helping others who might be at risk for suicide.

Are you stressed out?

The American College Health Association cites stress as the number-one impediment to academic performance in its national college health assessment. In this presentation students will learn techniques to identify stressors and take control of stress in their lives.

The ABC's of Getting Your Zzzz's

College students are some of the most sleep-deprived people. Sleep deprivation can lead to decreased performance and alertness, difficulty concentrating, memory problems, and emotional distress. In this workshop students will learn about the importance of sleep, the effects of sleep deprivation, and strategies for getting better sleep.

To request a workshop send your request to dsa@qatar.tamu.edu. You will be contacted by Counseling and Wellness staff to work with you to create a presentation that will fit your needs. Please note: two-week advance notice is required.

