



In the following few lines, please fill in the topic you would like discussed, the date/time you would like it discussed at, and the location at which the presentation will be held.

Title or Topic: \_\_\_\_\_  
Date of Program: \_\_\_\_\_ Time: \_\_\_\_\_  
Building and Room #: \_\_\_\_\_  
Name of Course: \_\_\_\_\_ # of Students: \_\_\_\_\_

Please enter your contact information, as well as any comments that you might have.

Faculty Member: \_\_\_\_\_ Phone number: \_\_\_\_\_  
Department: \_\_\_\_\_ Email: \_\_\_\_\_

**Outreach Topics:**

Following is a list of some of the available topics. We also offer other topics that are not listed. If you have a topic in mind, please let us know, so that we may make arrangements. Additional in classroom presentations include "Stress Reduction and Mindfulness," "L.G.B.T. Awareness," and "Understanding Trauma."

- Managing Academic Success
- Study Strategies
- Time Management
- Stress Management
- Wellness Workshop
- Healthy Romantic Relationships
- Overcoming Procrastination
- Getting an A in class
- Succeeding in College the First week and Beyond
- Test Anxiety & Test Preparation
- Getting a Good Night Sleep
- Understanding Depression
- Understanding Social Anxiety



**Comments:**