

wellness hub
IN SYNC:
ACADEMIC-LIFE BALANCE



What is In Sync?

In Sync is a series of programs designed for graduate and professional students to help advance their professional interests and balance the demands of academics with their personal lives.



categories

- Cultural
- Emotional
- Environmental
- Ethical
- Financial
- Intellectual
- Physical
- Social

To learn more, visit us online at www.wellness.umaryland.edu.

Opportunities

Instant Calm

Sept. 1, 2010 | 12:15 - 1:15 p.m. | SMCCC Room 311

Are you tense? Stressed out? The stress during graduate and professional school can be intense. You're trying to balance all of your academic obligations with life responsibilities. It can be overwhelming. Attend this session for tips on relaxing your mind and body from Douglas Chay, MSW, LCSW-C, of the University of Maryland Counseling Center.

Academic-Life Balance

Oct. 6, 2010 | noon - 1 p.m. | SMCCC Room 351

This session by Flavius Lilly, MPH, will help students figure out what exactly is meant by academic-life balance. What does it mean and how does one reach this elusive goal? This workshop will address these questions and explore simple, yet effective, balance strategies.

World Mental Health Day Screenings

Oct. 8, 2010 | 10:30 a.m. - 1:30 p.m.
Wellness Lobby & SMCCC Rooms 309 and 353

The University of Maryland Counseling Center will be celebrating World Mental Health Day by offering students access to their choice of screening tools and the opportunity to confidentially meet with a licensed professional counselor to interpret the results and offer recommendations. Remember, good mental health is key to wellness and academic-life balance.

Stress Management Primer

Oct. 27, 2010 | noon - 1 p.m. | SMCCC Room 351

Clinical Assistant Professor Hinda Dubin, MD, School of Medicine will lead this session. Though you encounter many types of stress in your daily life as University of Maryland (UM) students, you must remember that, ultimately, you have control over how it affects you. Through awareness and education, negative stressors can be managed,

In Sync Opportunities

and positive stressors can be utilized as an impetus for change and added creativity in your life. What is most important is achieving a state of stability to enhance your wellness and academic-life balance.

Taming Your Tension

Nov. 1, 2010 | 12:15 - 1:15 p.m. | SMCCC Room 351

Douglas Chay, MSW, LCSW-C, of the University of Maryland Counseling Center knows that students feel stress. But what exactly is stress, and how can it be managed? Attend this session to find out how to tame your tension.

Puppy Love

Dec. 2, 2010 | noon - 1:00 p.m. | SMCCC Room 349

Finals are right around the corner. Take advantage of this unique opportunity to interact with animals and reduce your stress. Vicki Rummel from Pets on Wheels will bring her furry friends to the SMC Campus Center for all to enjoy.

Too Nice for Your Own Good

Dec. 6, 2010 | 12:15 - 1:15 p.m. | SMCCC Room 309

Attend this workshop to learn the art of assertiveness. Do you have trouble saying "no?" Do you tend to take care of others' wants at the expense of your own needs? Are you a people pleaser? Learn how to get the most out of your relationships with others by recognizing and respecting yourself from Douglas Chay, MSW, LCSW-C, of the University of Maryland Counseling Center.

Snooze or Lose!

Jan. 31, 2011 | 12:15 - 1:15 p.m. | SMCCC Room 351

Sleep is essential for wellness and academic-life balance. It's just as important as nutrition, exercise, and stress management. Attend this workshop to learn the ins and outs of a good night's sleep from Emilia Petrillo, MSW, LCSW-C, of the University of Maryland Counseling Center.

Be Your Own E-Harmony

Feb. 14, 2011 | 12:15 - 1:15 pm | SMCCC Room 351

It's been said that no one is an island. And it's true: good relationships are essential to our happiness and emotional health. Attend this session on maintaining and finding healthy relationships from Emilia Petrillo, MSW, LCSW-C, of the University of Maryland Counseling Center.

Translating Your PhD to the Non-Academic Marketplace

Feb. 22, 2011 | noon - 1 p.m. | SMCCC Room 351

This panel discussion will advise you on how to use your skills and experiences in the non-academic market and how to look for jobs outside of the academy.

Taking the Anxiety out of Tests

March 2, 2011 | 12:15 - 1:15 p.m. | SMCCC Room 351

Stop fretting over finals! Get rid of those butterflies in your stomach. Do you ever feel so nervous during a test that you can't concentrate on the material or even forget the answers to questions? Test anxiety is quite common among students at all levels of study. Attend this brief workshop offered by Douglas Chay, MSW, LCSW-C, of the University of Maryland Counseling Center, to learn some helpful tips on managing test anxiety.

How to Give an Academic Talk

March 21, 2011 | noon - 1 p.m. | SMCCC Room 351



This workshop will cover all aspects of preparing and delivering academic presentations, from PowerPoint best practices to timing and vocal techniques. It will be especially helpful for students planning conference presentations or job talks.

In Sync Opportunities

Git Er Done!

April 5, 2011 | 12:15 - 1:15 p.m. | SMCCC Room 351

"I do my work at the same time every day—the last minute." Does this sound like you? Don't delay! Come to this workshop and learn how to fight behaviors that can sabotage your best intentions. End procrastination at this workshop offered by the University of Maryland Counseling Center.

Absolutely Elegant Abstracts

April 12, 2011 | noon - 1 p.m. | SMCCC Room 353

This workshop is designed to teach abstract writing skills focused on three main styles: writing for conferences, dissertations, and research articles.

Sharpie Resist: Stress Relief Art

April 20, 2011 | noon - 1 p.m. | SMCCC Room 351

Art is a great way to reduce and manage stress. Most of us knew this instinctively as kids. Remember sculpting with Play-Doh, finger painting or drawing with crayons? Join Flavius Lilly, MPH, and learn a technique he uses for stress management. It's fun, colorful, and relaxing. Come and see what you can create with a Sharpie marker and some watercolor paints. No artistic skills required, only a willingness to relax.

Mind-Body Skills Course

Visit website for dates, times, and locations.

The Mind-Body Skills Course introduces students to a variety of mind-body medicine techniques, so that they can experience them and gain insights into their use, both personally and professionally. These include meditation, relaxation, imagery, autogenic training, biofeedback, journal writing, drawing, movement, and group support. Groups consist of seven to 10 participants and meet for two hours per session, once a week for 11 weeks. Students will have an opportunity

to experience different techniques each week, practice them, and discuss their experiences with members of the small group.

Mindfulness Stress Management

Sept. 2, 2010 | noon - 1 p.m.

Fall Introduction to Mindfulness, Room 351

Sept. 20, 2010 | 5:30 - 7:00 p.m.

Mindfulness Session 1, Room 349

Sept. 27, 2010 | 5:30 - 7:00 p.m.

Mindfulness Session 2, Room 349

Oct. 4, 2010 | 5:30 - 7:00 p.m.

Mindfulness Session 3, Room 349

Oct. 11, 2010 | 5:30 - 7:00 p.m.

Mindfulness Session 4, Room 349

Oct. 18, 2010 | 5:30 - 7:00 p.m.

Mindfulness Session 5, Room 349

Oct. 25, 2010 | 5:30 - 7:00 p.m.

Mindfulness Session 6, Room 349

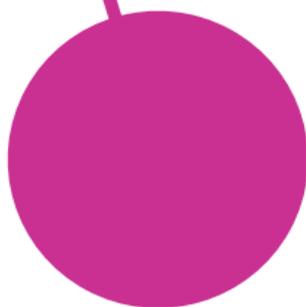
Oct. 30, 2010 | 9:00 a.m. - 2:00 p.m.

Mindfulness Retreat, Rooms 349 & 351

This program helps you enhance your overall health and quality of life through simple and effective stress reduction techniques based on the practice of mindfulness meditation taught by our professional instructors, Deborah Rejent, DSW, MSSW, MA, and Catherine Kelleher, RN, MS, MPH, ScD. You will learn to cultivate a nonjudgmental, nonreactive sense of self and gain a clearer picture of your life and greater understanding of how to care for yourself.

**SMCCC is the Southern Management Corporation Campus Center.*





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Visit us at the Southern Management Corporation
(SMC) Campus Center on the 3rd floor.

Call 410-706-7767 or e-mail FLilly@umaryland.edu.