



UChicago Student Wellness

Academic Skills Assessment Program (ASAP)

The Academic Skills and Assessment Program (ASAP) is designed to help students improve their academic performance by addressing several concerns that can interfere with effective learning. ASAP targets various issues, including time management, learning and memory, test anxiety, and more. Follow this [link](#) to learn more about ASAP, explore handouts and worksheets, schedule an ASAP appointment, or request a workshop.

Facet(s) of Wellbeing: **EMOTIONAL**, **INTELLECTUAL**

Art Therapy Open Studio

Wednesdays from 2:30 – 4:45 PM at the Student Wellness Center

Art Therapy Open Studio is a self-directed community space for people to spend time doing creative activities they enjoy, such as writing and art-making, while also being able to socialize or take a breather. You'll have the freedom to choose the materials you want to work with and the option to stay as long as you would like. Open studio allows individuals to express their feelings and thoughts through a creative and therapeutic process because sometimes words are not enough. Not sure what to make? No worries; there will be optional art directives available. There will also be various fun art materials you can play with at your leisure! [Learn more](#) or join our [mailing list](#).

Facet(s) of Wellbeing: **EMOTIONAL**, **ENVIRONMENTAL**, **SOCIAL**

Brief Alcohol Screening and Intervention for College (and Graduate) Students (BASICS)

BASICS is a program for students who want to examine their substance use behaviors in a non-judgmental environment. BASICS aims to help you reduce risky behaviors and the harmful effects of drinking. Interested students may schedule a virtual appointment [here](#). Questions? Please get in touch with Bridget Marley at bmarley@uchicago.edu.

Facet(s) of Wellbeing: **EMOTIONAL**, **PHYSICAL**

Buddy Up

Buddy Up offers graduate and professional students the opportunity to join a network of peers wanting to meet and connect with students across campus. Every two weeks, students will be paired with a new buddy and have the option to use a free coffee coupon at the Grounds of Being café when they meet up with their Buddy. Students may register [here](#) or email Carolyn Banner at cbanner@uchicago.edu with questions.

Facet(s) of Wellbeing: **EMOTIONAL**, **SOCIAL**

Mental Health First Aid (MHFA)

April 22, 2023 (in person at the Student Wellness Center)

MHFA is an 8-hour training designed to give participants the skills to help someone developing a mental health problem or experiencing a mental health crisis. Interested students may sign up [here](#) for an upcoming MHFA training. Visit this [page](#) for more information.

Facet(s) of Wellbeing: **EMOTIONAL**, **SOCIAL**

Mindfulness Meditation 4-week course (Basic and Advanced)

Classes start March 22

Interested in learning strategies that can help decrease anxiety and stress, improve concentration and attention, help regulate emotions, develop connections, and more? Join UChicago Student Wellness' 4-week Mindfulness Meditation course! Basic and Advanced Mindfulness Meditation courses will be offered online and in person this quarter, and you may register [here](#) for a Basic course or [here](#) for an Advanced course. *Please note: participation in the Advanced class is limited to people with previous experience or those who have completed the Basic course. Participation in all four sessions of the class is required.* To learn more, visit our [website](#). If you have any questions, contact Carolyn Banner at cbanner@uchicago.edu.

Facet(s) of Wellbeing: **EMOTIONAL**, **SPIRITUAL**

Pet Love

Enjoy some time with certified therapy dogs to lower stress and anxiety while socializing and having a positive outlet for touch. Pet Love will occur on Wednesday, May 17, from 12 – 1:30 PM in the McCormick Tribune lounge of Reynolds Club. Please email Carolyn Banner at cbanner@uchicago.edu with questions.

Facet(s) of Wellbeing: **EMOTIONAL**, **SOCIAL**

Refresh Sleep

Registration closes March 31, 2023

A 7-week email program that aims to provide students with the skills and strategies needed to achieve more restful nights. Refresh Sleep program materials include information about sleep physiology, sleep hygiene, relaxation, mindfulness, cognitive strategies, and more. To register, complete [this form](#) in its entirety by March 31, 2023. If you have any questions, contact Bridget Marley at bmarley@uchicago.edu.

Facet(s) of Wellbeing: **INTELLECTUAL**, **PHYSICAL**, **ENVIRONMENTAL**

Restorative Yoga

An accessible and approachable Restorative Yoga class that will help ease tension and melt your worries away. Using props such as blocks, bolsters, and blankets, you will relax into several Restorative Yoga postures. We use mindful breathing and meditation techniques that will leave you calmer and more grounded than when you walked in the door. All props and mats are provided. Please come in comfortable clothing. Spring classes will take place on Tuesday afternoons from 4 – 5 PM starting on March 21, 2023, in the Student Wellness Center. Classes are drop-in, first come, first served. Email Carolyn Banner at cbanner@uchicago.edu with any questions.

Facet(s) of Wellbeing: **EMOTIONAL**, **PHYSICAL**, **SPIRITUAL**

Stress Relief Day

Join us for a study break and some fun stress relief Wednesday, April 12, from 11:30–1:30 PM in the McCormick Tribune lounge of Reynolds Club. Activities include chair massage, snacks and beverages, pot painting and seed planting, art therapy, and more! This event is in collaboration with the Center for Leadership and Involvement. Please email Carolyn Banner at cbanner@uchicago.edu with questions.

Facet(s) of Wellbeing: **EMOTIONAL**, **SOCIAL**, **PHYSICAL**

Student Recovery Group

The mission of the University of Chicago Student Recovery Group is to provide fellowship and support for University of Chicago students who are in recovery or exploring sobriety. Visit this [page](#) to see the schedule of Spring Quarter meetings. You can also subscribe to our [Recovery Listserv](#). If you have any questions or want more

information, please contact Bridget Marley at bmarley@uchicago.edu.
Facet(s) of Wellbeing: **EMOTIONAL, SOCIAL, PHYSICAL**

Sunny Spots Map

UChicago Student Wellness has created a Sunny Spots Map to help combat the feelings of melancholy, irritability, and tiredness that come with the shorter days, reduced hours of sunlight, and colder weather of the winter months. Folks can access the Sunny Spots Map [here](#). To learn more about other strategies to combat seasonal blues, visit this [page](#).

Facet(s) of Wellbeing: **EMOTIONAL, ENVIRONMENTAL**

Take 10 Initiative

Join us from 12:30 PM - 2:30 PM every other Thursday this Spring for a pop-up event to create a space for relaxation and social interaction related to creativity, physical activity, gratitude, and engaging with others. Find more detailed information, including dates and locations [here](#). If you have any questions, please contact Bridget Marley at bmarley@uchicago.edu.

Facet(s) of Wellbeing: **EMOTIONAL, ENVIRONMENTAL, FINANCIAL, INTELLECTUAL, PHYSICAL, SOCIAL, SPIRITUAL**

TimelyCare

UChicago Student Wellness has partnered with TimelyCare to provide virtual, on-demand, and scheduled mental health services and health coaching free of charge to all [eligible students](#). Services include **virtual counseling sessions** (up to 12 visits per year, with a licensed mental health provider); **TalkNow** (on-demand phone and video service to connect with a mental health provider for any level of concern, 24 hours a day, seven days a week); **psychiatric care** through a referral from Student Wellness or a TimelyCare clinician; and **health coaching** (30-minute sessions with a certified health coach focused on developing a healthy lifestyle). For information on how students can set up an account and use these services, please watch this [video](#) or visit wellness.uchicago.edu/timelycare.

Facet(s) of Wellbeing: **EMOTIONAL, ENVIRONMENTAL, FINANCIAL, INTELLECTUAL, PHYSICAL, SOCIAL, SPIRITUAL**

Wellness Coaching

Wellness Coaching is an opportunity for students to examine their strengths with a wellness coach to navigate transitions and achieve desired changes they'd like to make. Interested students may schedule a [90-minute session](#) with a Student Wellness coach or a [30-minute session](#) with a TimelyCare wellness coach. Visit [this page](#) for more information.

Facet(s) of Wellbeing: **EMOTIONAL, ENVIRONMENTAL, FINANCIAL, INTELLECTUAL, PHYSICAL, SOCIAL, SPIRITUAL**

In addition to these programs, please stay connected with UChicago Student Wellness through the following:

BustMyStress Listhost

Students can sign up [here](#) for our weekly email that provides stress-relief tips and highlights stress-relieving events and programs offered to students. If you have any questions or want more information, please get in touch with Emily Schulze at eschulze@uchicago.edu.

Social Media

UChicago Student Wellness offers ways to engage through social media. Follow us on Facebook and Instagram [@uchicagostudentwellness](#).