

# 3 WAYS FOR STUDENTS TO EXPERIENCE U-THRIVE

Our proactive mental and emotional wellness solutions are designed to help college students manage stress, become more resilient, and thrive.



## CURRICULUM FOR COURSES

Integrate mental and emotional wellness skills into the academic classroom.

- 15-20 minute digital modules
- Instructor manual for in-class activities and discussions



## PEER-LED WORKSHOPS

Create an experience for students to proactively build mental and emotional wellness skills, foster community, and strengthen belonging.

- 45-60 minutes of experiential content
- Training for Facilitators
- Facilitation Guide / PowerPoint Slides



## SELF-DIRECTED ONLINE LIBRARY

Guide students towards a self-directed opportunity to proactively build mental and emotional wellness skills.

- 15-20 minute digital modules



Positive Psychology



Mindfulness



Self-Compassion

## TOPICS CURRENTLY AVAILABLE

*\*These topics are also available in workshop format*

- ✓ Belonging
- ✓ Failure
- ✓ Goal Setting
- ✓ Growth Mindset
- ✓ Mindfulness\*
- ✓ Meaning

- ✓ Mental Health\*
- ✓ Passion
- ✓ Perfectionism
- ✓ Self-Compassion\*
- ✓ Stress & Resilience\*
- ✓ Transforming Conflict

- ✓ Well-Being\*

## COMING SOON:

- ✓ Family Engagement & Boundary Setting
- ✓ Stereotype Threat & Imposter Syndrome