Counseling, Disability Support, and Student Wellness Outreach Programming

STEP UP! - Bystander intervention
Length: 2 hours
Attendance requirements: 10-30
STEP UP! is Missouri S&T's bystander intervention training and pro-social movement. It is a behavioral and educational program that aims to raise awareness of helping behaviors, increase motivation to help, develop skills and confidence when responding to problems or concerns, and ensure the safety and well-being of self and others.

Alcohol Jeopardy
Length: 50 minutes
Presentation includes general information about alcohol in a “game show” environment.

Heads Up - Concussion Family Feud
Length: 50 minutes
Presentation includes general information about concussions and campus resources in a “game show” environment.

Sexual Health Jeopardy
Length: 50 minutes
Presentation focuses on consent, sexually transmitted disease awareness, and healthy sexuality in a “game show” environment.

From Recipe Rookie to Supermarket Savvy
Length: 50 minutes
Are you constantly grabbing fast food or stuck in a rut of having mac and cheese every day? Find out how you can plan easy, well-balanced meals that are delicious and nutritious to make. Discover tips and techniques for meal planning, grocery shopping, label reading and eating healthy on a budget.

Stress & Time Management
Length: 30-50 minutes
College can be stressful trying to balance studying with all of your other extra activities. Identify what triggers stress and learn different ways to reduce your stress level in any situation.

Prescription Drugs
Length: 30 minutes
Abuse of prescription drugs has reached epidemic levels across the country. Learn the dangers of non-medical use of prescription drugs, other tips for academic success, and other facts about prescription drug abuse.

Motivation
An interactive session focused on what motivates people and how to harness those characteristics to improve performance.

Test Anxiety
Coping with performance anxiety related to academic success

Long Distance Relationships
How to survive and cope

Healthy Relationships
What are characteristics of healthy relationships and what are the danger signs or “red flags” for unhealthy ones?

Resilience/Mindfulness
Coping with demands; review of environmental, physical, emotional, and intellectual tools to survive and thrive

Procrastination
Common types of avoidant behaviors and what to do to overcome the barriers

Dealing with Difficult People
Interactive presentation tailored to group needs

Interest testing and career planning
Introduction to the Holland Code and career preparation “to do” list for each year of college

Personality types (MBTI)
Exploration of personality styles and possible impact on teams; offers tools for increased cooperation and conflict resolution

Assertiveness Training
Basic introduction to assertiveness and practice using simple models for meeting individual needs and resolving/managing conflict

Anger Management
Dispelling myths about what anger really is and isn’t; introduction to alternative methods to manage stress and de-escalate conflict

CDSW Services
Overview of what our department offers

If you have a specific educational need we can create or tailor a presentation for your class or group. Please allow 3 weeks lead time for special requests.