

**Brown Bag Lunch Series on The Crossroads of Student Success: Academics, Wellness and Engagement
Fall 2016 Schedule**

All lunches are from 12 noon – 1:30 p.m. in the Wilson Library Pleasant Family Room

September 30 – Revisiting Growth Mindset for Student Success

with recipients of 2016 Summer School Growth Mindset grants

As part of the 2016 Annual Student Success Conference this past March, the Summer School offered grant funding to conference participants to support innovative ideas for encouraging growth mindset among undergraduate students. This Brown Bag Lunch introduces the recipients of that funding and others who were inspired by the Conference to infuse growth mindset concepts into their teaching and student programs. These individuals will share information about their efforts and the impact on students' mindsets about their academic performance. Attendees to this Brown Bag Lunch will also work together to brainstorm new ideas and potential collaborations for future funding opportunities that encourage growth mindset among undergraduate students in and outside of the classroom.

October 14 - Group Therapy Options at Counseling and Psychological Services

with Wendy Kadens, LCSW, Counseling and Psychological Services

Group therapy is an evidence based practice used by most university counseling centers. In some cases, group therapy may be more impactful for students than individual therapy. Counseling and Psychological Services (CAPS) at Carolina offers a wide range of therapy groups that allow students to support and learn from each other about emotions, relationships and challenges. CAPS has recently added seminar-style groups designed to help students understand mental health and cope with inevitable ups and downs. These groups include Coping 101, a four-week workshop designed to help students understand emotions, and to learn and practice skills for managing challenges, and CAPS 101, a one-time workshop designed to provide a quick overview of the mental health challenges on campus, why they happen, and what may help. This session will include an overview of these therapy groups including an experiential introduction to the materials and strategies used in the 101 series above.

November 18 – Encouraging Sophomore Success

with Jess Evans, Assistant Director for Residential Education, Housing and Residential Education, and Nikki Glenos, Academic Advisor – Fine Arts and Humanities, Academic Advising Program

For most students, the sophomore year of college is a unique time of reflection, decision-making and development (Schaller, 2010). The increasingly complex nature of the sophomore experience necessitates a systematic and targeted approach for outreach and support spanning academic, emotional, personal, social and financial domains. This session will explore Molly Schaller's (2010) pivotal research on the multifaceted challenges facing sophomore students as well as strategies to address roadblocks to sophomore success and the current landscape of the sophomore year experience at Carolina. Participants will also learn about the many opportunities and initiatives available to support sophomore academic success on our campus.

Schaller, M.A. (2010). Understanding the impact of the second year of college. In M.S. Hunter, B.F. Tobolowsky, & J.N. Gardner and Associates (Eds.), *Helping sophomore succeed: Understanding and improving the second-year experience* (pp.13-29). San Francisco, CA: Jossey-Bass.

Bring a friend!

For further information or requests for future topics, contact:

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