

CP 115: Academic Enhancement Seminars Overview of Weeks
Department of Counseling Psychology

Week	Goals	Objectives
Week 1: Introduction of AES	<ul style="list-style-type: none"> ▪ Orient students to seminar, including requirements, ground rules, confidentiality, and instructor/student expectations 	<ul style="list-style-type: none"> ▪ Syllabus review and course requirements ▪ Introduction to course ▪ Getting to know each other
Week 2: Strengths and Barriers & Time Management	<ul style="list-style-type: none"> ▪ Discuss strengths/weaknesses (both regarding academic- and non-academic- pursuits) ▪ Introduce time management tools and planning. 	<ul style="list-style-type: none"> ▪ Identify strengths that students can use towards academic pursuits and areas of growth for the semester
Week 3: Goal Setting & Getting Connected with Campus Resources	<ul style="list-style-type: none"> ▪ Continue time management conversation ▪ Introduce goal setting and assess willingness to work towards setting/achieving goals ▪ Break down and elaborate upon goals ▪ Campus resource presentations 	<ul style="list-style-type: none"> ▪ Help students assess time management homework and plan further time management goals ▪ Guide students to set SMART goals for the semester ▪ Learn about university resources and how to get connected on campus
Week 4: Study Skills, Strategies, Learning Styles & Setting Priorities	<ul style="list-style-type: none"> ▪ Discuss study skills/strategies and study environments ▪ Discuss setting priorities ▪ Introduce learning styles and understand the ways in which one learns ▪ Continue campus resource presentations 	<ul style="list-style-type: none"> ▪ Assess current study skills and identify new study strategies ▪ Identify learning styles and strategies to adapt teaching material towards own learning style ▪ Value-clarification and identifying students' priorities
Session 5: Procrastination & Excuse-Making	<ul style="list-style-type: none"> ▪ Discuss procrastination and its effects ▪ Become more self-aware regarding excuses made which may impede abilities to meet short and long-term goals 	<ul style="list-style-type: none"> ▪ Identify procrastination patterns and reinforcements ▪ Set strategies to decrease procrastination and challenge excuses that impede growth

Session 6: Mid-Semester Reflections/Meetings	<ul style="list-style-type: none"> ▪ Review what has been covered thus far, focusing on process and tools ▪ Review Academic Probation and Course Enrollment Information ▪ Assess anticipated term GPA 	<ul style="list-style-type: none"> ▪ Discuss information regarding academic probation and withdrawing ▪ Reflect on personal progress, calculate expected GPA, and re-evaluate semester goals ▪ Remind students of drop deadline
Session 7: Anxiety & Stress-management (Particularly testing anxiety)	<ul style="list-style-type: none"> ▪ Psychoeducation on anxiety ▪ Discuss testing experiences: strengths and weaknesses ▪ Reflect on personal anxiety, impact on academic process, and management strategies ▪ Introduce and brainstorm ways to decrease anxieties (particular attention to testing anxiety) 	<ul style="list-style-type: none"> ▪ Learn and assess effect of anxiety on students' process ▪ Identify stress-management strategies, decrease impact of anxiety, and link to campus resources if needed
Session 8: Career Exploration & Staying Connected	<ul style="list-style-type: none"> ▪ Discuss various ways to get connected, on- and off-campus ▪ Explore career options and decisions 	<ul style="list-style-type: none"> ▪ Value-clarification and exploration of career interests and goals ▪ Assess major choice and potential goals related to career pursuits
Session 9: Self-Awareness & Contextual Factors	<ul style="list-style-type: none"> ▪ Understand how multiple identities, values and relational abilities contribute to academic and personal success ▪ Address issues and personal fit related to the culture of the university ▪ Present Accountability Plans 	<ul style="list-style-type: none"> ▪ Self-exploration regarding personal needs and values and how this impacts student wellness and belonging ▪ Discuss emotional intelligence and importance for self-monitoring and personal success
Session 10: Closing and final Reflections	<ul style="list-style-type: none"> ▪ Wrap up and reflect on the semester and time spent in the seminar ▪ Leave on a positive note ▪ Incorporate learning to remainder of semester/future on campus 	<ul style="list-style-type: none"> ▪ Reflect on AES process and growth ▪ Reinforce academic development and identify areas of continued growth ▪ Set goals for end of the semester and future academic years