

Senior Seminar

Social and Emotional AP for College

a few extra survival skills for the days ahead

You are leaving home soon! And there are probably a few things that you might need to think through before this happens. Come to these sessions to learn how to manage your stress and to have a confidential space to discuss/learn openly about issues that affect many college students once they leave home.

INSTRUCTOR: Shelly Sowell, M.Ed., NCC, LMHC (FL)

DATES: TBD

LOCATION: Room TBD

TIME:

COST:

SESSIONS:

If I drink enough Red Bull I can write the paper, read a 300 page novel and study for my history exam (all in one night)...

HEALTHY STRESS MANAGEMENT and TAKING CARE OF YOUR BODY

He said he would call! / She won't stop texting me!

HOOKUPS vs. RELATIONSHIPS and How to Know the Difference

(yes, this includes the sex talk)

That's NOT my roommate (in my roommate's bed)

DEALING with CONFLICT and INDEPENDENT LIVING

It seemed like a really good idea at 4 a.m.

MANAGING the COLLEGE SOCIAL SCENE

(yes, this includes the drug and alcohol talk)

If I just pull the covers over my head it will all get better...

SUCCESSFULLY MANAGING EMOTIONS

and KNOWING HOW to HELP YOURSELF and OTHERS

Shelly Sowell, M.Ed., NCC, has worked as a counselor, educator and mindfulness instructor since 2004. She attended graduate school and trained at Vanderbilt University, where she went on to work as a psychotherapist with students, faculty and staff and ran a campus-wide suicide prevention program. After Vanderbilt, Ms. Sowell ran a private therapy practice in Miami, Florida, where she also taught Mindfulness-Based Life Skills to teens at a local independent school and ran groups for an eating disorder treatment center. Currently, she has a private practice in Redondo Beach. Ms. Sowell holds a License in Mental Health Counseling in the state of Florida and is a National Certified Counselor.