GETTING THE HAPPINESS ADVANTAGE

A free 8-week student group project - Spring Semester 2013

If you are a Student interested in:

- Defining what happiness means for you
- Exploring ways to increase your sense of well being
- Discovering more effective ways of managing your life and your relationships
- Experimenting with mindful practices proven to enhance the social, physical, spiritual and emotional realms of life
- Connecting with like-minded students

Group Objectives:
This group will be led by trained counselors for the purpose of exposing students to researched mindful based strategies proven to be highly effective in creating positive change in the person’s life who chooses to routinely use such strategies. This group will also provide support and connection to other students, which has also been proven to have a positive effect on students’ academic performance.

When does the group start?
This 8-week group will be offered during the Spring Semester 2013. We will meet once a week, usually for 2 hours blocks of time. Dates and times will be set once we get a list of potential participants who will have a chance to contribute to picking a day and time that works for their schedules. In the past, Fridays have been the preferred day; however, start date and time of day have varied.

Who can participate?
Open to all ISU and U of I students!

Contact ISU Counseling, Testing and Career Services if you are interested in participating or would like more information
(208) 282-7750 or email Julie Thompson at thomjul3@isu.edu
Space is limited.