LiveWell@CCU
Speaker Series
For Students

Fall 2015

Presented by Counseling Services
and Special Guest Speakers
Sexual Violence Series

Safety Tips for College Students – Thursday, August 20, 4 p.m.
Lib Jackson Student Union A213

Quite often survivors of sexual violence become vigilant about their safety. Learn helpful strategies for keeping yourself safe before danger strikes.

Got Consent? – Thursday, August 27, 5 p.m., Wall 322

Many alleged perpetrators of sexual violence believed that they were having sex with consent... but their partners disagree. This will be a discussion of how to make sure there is consent, without killing the mood.

How to Help a Friend Who is Survivor of Sexual Violence – Wednesday, September 9, 5 p.m., Lib Jackson Student Union A213

Your friend comes to you and tell you that he or she has been sexually assaulted. Do you know what to do to be helpful? During this session, participants will learn how to respond to a sexual violence survivor.

The Conduct Process for Title IX Student Complaints – Tuesday, September 22, 6 p.m., Lib Jackson Student Union A213

The University student conduct process can feel very intimidating and confusing. This session will provide information about how the conduct process is structured at Coastal Carolina University to ensure equity and full review of the incident.

Step Up! Against Dating and Domestic Violence – Thursday, September 24, 4 p.m., Lib Jackson Student Union A213

The vast majority of people claim that they would do something if they knew that someone was in a violent relationship. Would you? These questions and many more will be addressed so that individuals can be part of the solution instead of part of the problem.

Sexual Violence in the LGBTQ Community – Monday, September 28, 5 p.m.
Lib Jackson Student Union A214

This discussion will cover the facts and experiences of LGBTQ identified individuals. Participants will learn about the impact of sexual violence in the LGBTQ population.

Step Up! Against Sexual Violence - Monday, October 5, 3 p.m., Lib Jackson Student Union A213

The vast majority of people claim that they would do something if they knew a sexual assault was taking place. Would you? These questions and many more will be addressed so that individuals can be part of the solution instead of part of the problem.
How Attitudes toward Women Impact Sexual and Relationship Violence – Wednesday, October 7, 4 p.m., Lib Jackson Student Union A213

Societal attitudes toward women contribute to a culture that often appears to encourage relationship violence. In this session, participants will learn how to think about women in a way that challenges those attitudes and how to challenge others in an effective way.

Do You Know the Red Flags? Risk Reduction for Sexual and Relationship Violence – Thursday, October 8, 5 p.m., Lib Jackson Student Union A213

Only perpetrators can prevent sexual and relationship violence. This session will address how students can reduce the risks that they will be impacted by these violence crimes and how to identify the warning signs of danger.

Violence Against Women – It’s a Men’s Issue – Tuesday, October 13, 4 p.m. Lib Jackson Student Union A213

Violence against women, domestic violence, and sexual violence are usually associated as “women’s issues.” However, in this Live Well Series, we will discuss how all of these behaviors (violent actions) are tied to definitions of manhood. Further, we will discuss what we need to do to be leaders of change in this regard.

How the University Responds to Title IX Student Complaints - Tuesday, October 20, 6 p.m., Lib Jackson Student Union A213

Ever wondered what the University does after a Title IX related complaint? Come and find how Coastal Carolina University works to implement support systems for students reporting Title IX related issues.
Wellness Series

Welcome to College! Adjusting to Your New Life as a College Student – Tuesday, September 1, 4 p.m., Lib Jackson Student Union A213

This session will teach strategies relating to how students can have a seamless transition to the university setting. Topics will include establishing healthy routines, goal development, ways to get involved and how to find balance in a busy environment that is often filled with distractions.

Enter Sandman: Why Sleep Should Matter to You – Wednesday, September 16, 4 p.m., Lib Jackson Student Union A213

Do you have trouble falling asleep, staying asleep, or feeling refreshed? During this program, students will discuss how sleep impacts their grades, mood, and physical health. Students will also identify unhelpful sleep habits and learn strategies for improving sleep.

Understanding Depression – Monday, September 21, 4 p.m., Lib Jackson Student Union A213

Feeling sad or blue? Not sure if you may be experiencing depression? This session will help students identify that signs of depression and share techniques on the most effective ways to deal with depression and how to seek assistance if depression or suicidal thoughts are impacting your college experience.

Feel Better Fast! - Tuesday September 22, 4 p.m., Lib Jackson Student Union A213

Would you like to be able to control and manage your mind states? We all need skills and techniques to help with regulating negative emotions and increasing positive ones. By attending this helpful workshop you will practice and learn brand new ways to help you feel better fast.

Step Up! Don’t be an Uninformed Bystander to Depression/Suicide – Wednesday, September 30, 4 p.m., Lib Jackson Student Union A213

Over 1,100 college students commit suicide each year. If given the opportunity to help a fellow student, most students are willing to offer assistance to someone who is experiencing depression or is at risk for suicide. Would you? This session will address how to recognize the warning signs, be a part of the solution, and much more.

OMG! I’m Losing It!– Thursday, October 1, 4 p.m., Lib Jackson Student Union A213

Feeling “overwhelmed” is one of the top reasons that college students seek counseling at CCU each year. This session is designed to assist students on how to recognize the signs of stress and provide many strategies and techniques that can utilized in a variety of situations. Attendees will have the opportunity to participate in a guided imagery meditation and practice other relaxation techniques.
Alcohol – Wednesday, October 7, 4 p.m., Lib Jackson Student Union A214

This session with address myths, facts, and statistics about the most commonly misused drug on college campuses. Learn about how to make the best choices for yourself during your college experience.

Emotion Regulation – Wednesday, October 14, 4 p.m., Lib Jackson Student Union A213

This is a hands-on participatory discussion on techniques, strategies and tips to help you master your own emotions and let them work for you instead of against you in times of distress.

KISS- Keep It Safer and Smarter – Thursday, October 15, 4 p.m., Lib Jackson Student Union A213

This session will give participating students the opportunity to learn more about sexual health, safer sex, and personal choices in a fun and interactive way.

Managing Anxiety – Tuesday, October 27, 4 p.m., Lib Jackson Student Union A213

Join this discussion on how to recognize and approach stress from the mindfulness-based perspective.

Prescription Drugs: What You Need to Know – Tuesday, October 27, 4 p.m., Lib Jackson Student Union A215

Prescription medications are among the most abused substances in the United States. Find out more about the risks associated with prescription drug misuse and available resources on campus.

Taking the First Steps Toward Overcoming Academic Performance and Test Anxiety – Wednesday, November 18, 4 p.m., Lib Jackson Student Union A213

This presentation will focus on some of the key causes and practical strategies that can be used by students to address academic stress and anxiety related to schoolwork, tests and getting organized. Students will be given a variety of tools to utilize and will have the opportunity to practice during the session.