

Faking It Or  
Making It

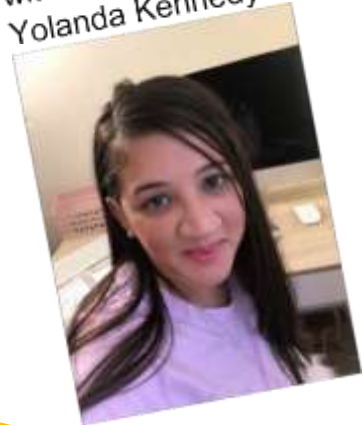
with  
Shanta Wilson



Calming the  
Worried Mind  
with  
Maureen Sullivan



Mending Your  
Mood  
with  
Yolanda Kennedy



# Video Workshops to Help You Succeed at Harvard

Spotlight On  
Health

with  
Kristen McFee



Sleeping  
Soundly  
with  
Sarah Wettenstein



**Counseling and Mental Health Services is partnering with iHope Network** to provide these **free** workshops to Harvard Students to:

To improve access to workshops on evenings and weekends, when students have more availability

Each workshop is delivered through **video conferencing** - you connect with your group by video. You may join a workshop from campus, from Cambridge or from anywhere in the world.

Each workshop combines group meetings and support with exercises designed to help you get healthy, stay healthy and focus on the things that are important to you.

Managing Intense Feelings

with Rachel Ganz



Organizing for Academic Success

with Heather Carver



Adjusting to Life at Harvard

with Judith DuClair



Powering Through Procrastination

with Judith or Sarah



Overcoming Perfectionism

with Jenna Stark



Scroll down for more information and links to sign up and get additional resources

## Sign up for: [ADJUSTING TO LIFE AT HARVARD](#)

With Judith DuClair



Congratulations, you have been recognized for your achievements and are now at Harvard! Yet you may be feeling inadequate, ordinary or out of your league. Or lonely or lacking a sense of purpose. Drop in to Adjusting to Life at Harvard for help and support with these and other topics or attend all four sessions.

Click this link or the headline above to learn more, find additional resources and sign up.

<https://sites.google.com/iopenetwork.com/adjustingtolifeatharvard/>

**4 Drop in Sessions Starting Thursday, September 27 at 6:30pm**

You can drop in any Thursday over the next four weeks.

## Sign up for: [CALMING THE WORRIED MIND](#)

With Maureen Sullivan



This workshop could be for you if you feel anxious about everyday situations. Or if you want to remain calm before a major event like a board exam. The skills required to manage anxiety are helpful in many situations. Drop in any Wednesday in October or attend all four.

Click this link or the headline above to learn more, find additional resources and sign up.

<https://sites.google.com/iopenetwork.com/calmingyourworriedmind/>

**Drop in sessions starting Wednesday, October 3 at 7pm**

## Sign up for: [FAKING IT OR MAKING IT](#)

With Shanta Wilson



You worked hard and made it to Harvard. Everyone is saying “you can do this,” while inside you have this sinking feeling: “I don’t belong here.” Feeling as if you don’t deserve what you worked so hard to achieve is not a good feeling. It’s called Impostor Syndrome and this workshop can help you overcome it. This single session workshop is being offered twice.

Click this link or the headline above to learn more, find additional resources and sign up.

<https://sites.google.com/iopenetwork.com/faking-it-or-making-it/>

**Wednesday, October 3, 7pm and Repeated Monday, October 29 at 7pm**

## Sign up for: [MANAGING INTENSE FEELINGS](#)

With Rachel Ganz



Sometimes our emotions get the better of us. We act in a way that we know is counterproductive, but the feelings are so strong that it's hard to maintain control. Join Managing Intense Feelings to learn mindfulness, emotional regulation, how to tolerate distress and improve interpersonal effectiveness.

Click this link or the headline above to learn more, find additional resources and sign up,

<https://sites.google.com/iopenetwork.com/managingintensefeelings/>

**Meets for 5 weeks on Tuesdays at 8pm starting on October 9, 2018**

## Sign up for: [MENDING YOUR MOOD](#)

With Yolanda Kennedy



Develop a more enthusiastic and positive outlook on life. Join Mending Your Mood and learn how to live a more upbeat, vital life – one free from the symptoms of depression.

Click this link or the headline above to learn more, find additional resources and sign up,

<https://sites.google.com/iopenetwork.com/mendingyourmood>

**Meets for six weeks starting Thursday, October 4<sup>th</sup> at 7pm**

## Sign up for: [ORGANIZING FOR ACADEMIC SUCCESS](#)

With Heather Carver



This workshop provides intensive time management training with coaching and support. The program is designed to help you achieve academic success and develop habits that support your goals and enhance your life. You can drop in for help at any of the workshop sessions in the semester or attend all five sessions if you like. Click this link or the headline above to learn more, find additional resources and sign up.

<https://sites.google.com/iopenetwork.com/organizingforacademicsuccess/>

**5 drop-in sessions starting Sunday, September 16<sup>th</sup> at 6:30pm**

## Sign up for: [OVERCOMING PERFECTIONISM](#)

With Jenna Stark



Do you set goals that are difficult or impossible to achieve? Do you fail to reward yourself when you do achieve them? Do you take your failures personally instead of looking at them as a learning experience? Then you may benefit from Overcoming Perfectionism.

Click this link or the headline above to learn more, find additional resources and sign up.

<https://sites.google.com/ihopenetwork.com/overcoming-perfectionism/>

Meets for six weeks starting Thursday, October 4th at 5pm

## Sign up for: [POWERING THROUGH PROCRASTINATION](#)

With Sarah Wettenstein or Judith Duclair



Everything you need to know to become a Procrastination Professional...someone who can leverage what science has to say about why and how we procrastinate, and exactly what you can do to quit putting projects and work off, and get the job done. This single session workshop is being offered twice.

Click this link or the headline above to learn more, find additional resources and sign up

<https://sites.google.com/ihopenetwork.com/poweringthroughprocrastination/>

Tuesday September 25 at 7pm or Saturday October 6<sup>th</sup> at 5pm

## Sign up for: [SLEEPING SOUNDLY](#)

With Sarah Wettenstein



Good sleep improves grades, and enhances happiness and performance in many areas. If you are having trouble getting a good night's sleep, take positive action: join Sleeping Soundly. The program combines group meetings with exercises designed to help you get restful beneficial sleep

Click this link or the headline above to learn more, find additional resources and sign up

<https://sites.google.com/ihopenetwork.com/sleepingsoundly/>

Meets for 2 weeks Tuesdays starting September 18<sup>th</sup> at 7pm

## Sign up for: **SPOTLIGHT ON HEALTH**

With Kristen McFee



Are you having trouble taking care of yourself? These workshops teach you how to have a healthy mind and body - how to stay connected, eat well, sleep for better performance and move your body.

Click this link or the headline above to learn more, find additional resources and sign up

<https://sites.google.com/ihopenetwork.com/spotlight-on-health/>

**Starts Tuesday, September 18<sup>th</sup> and meets for 4 weeks**

Workshops are provided by iHope Network, an independent affiliate, not HUHS or CAMHS. HUHS has contracted with iHope to make these groups available to Harvard Students at no cost.

For more information, please go to the sign-up pages, email [info@ihopenetwork.com](mailto:info@ihopenetwork.com) or call 800-225-0634. Thank You.