Spring 2016
Specialized Mental Fitness Groups
At the “L. Krasner Psychological Center” (KPC)\(^1\)
Psychology B Bldg., room 479
631-632-7830

All groups include 10 sessions and cost only $120
Peer support increases motivation to change and confidence in social situations!

(I) Organizational/Executive Skills for Improving Attention and Performance
Mondays 4:40 – 6:00 PM
- Learn new skills, like time management, prioritizing tasks, and optimal study habits to improve your functioning across domains (e.g., academic performance, day-to-day activities)
- Learn to manage better problems of attention and hyperactivity for students with ADHD

(II) Transitioning to College: Overcoming Psychological Hurdles
Wednesdays 5:30 – 7:00 PM
- Learn effective cognitive and behavioral coping strategies to improve a wide range of psychological problems that accompany the transition to college
- Learn Mindfulness Based Stress Reduction tools for decreasing distress, depression and anxiety

(III) Social Anxiety
Wednesdays 6:00 – 7:30 PM and/or Tuesdays 6:00 – 7:30 PM
- Learn about how social anxiety works
- Do exercises shown to reduce your social anxiety
- Learn social skills to increase your comfort and confidence

(IV) Academic Performance Anxiety
Thursdays 5:00 – 6:30 PM
- Learn about the nature of academic anxiety (e.g., test taking anxiety, anxiety about specific academic subjects, avoiding classes, distress over academic performance)
- Learn to manage academic tasks in an efficient and productive manner
- Learn effective study/test-taking skills, and how to compensate for learning issues

1 The KPC is a mental health facility associated with the Clinical Psychology PhD. Program, Department of Psychology, at Stony Brook University. Advanced graduate students provide high quality psychological services under the supervision of licensed clinical psychologists who are also faculty members.

Call us to learn more and sign up! 631-632-7830