

PEACEFUL WARRIOR PROGRAM



Would you like help with:

- ✓ increasing resilience
- ✓ managing anxiety
- ✓ learning how to be a successful "Warrior" with a positive impact on campus



*Consider joining the Peaceful Warrior Program,
beginning September 2020!*

Information about the Peaceful Warrior Program

Who can participate?

- WSU undergraduate college students seeking counseling and mental health services

What will you be asked to do?

- Attend personalized assessment and goal-setting session
- Attend 10 interactive weekly online sessions with other students in the program (approximately 90 minutes in length each week)
- Participate in research evaluation of the program: complete surveys about topics such as well-being, mental health, identity, and values

What is involved in the 10 sessions?

- Discuss & engage in activities about topics such as ...
 - *Motivation*
 - *Setting yourself up for success in college*
 - *Identity*
 - *Resilience*
 - *Mindfulness*
 - *Supportive Relationships*
 - *and more!*

How do you sign up for the program?

- Call (313) 577-2840

APPROVAL PERIOD



WAYNE STATE UNIVERSITY
INSTITUTIONAL REVIEW BOARD
JUL 22 2020 - JUL 21 2023

Developed in collaboration with:

- WSU College of Education Mental Health and Wellness Center
- WSU Counseling and Psychological Services Center (CAPS)
- WSU Psychology Training Clinic