

Peer Leadership Council

A professionally trained student organization influencing peer and supporting Counseling & Career Services

—PLC Programming—

Promoting University Special Happenings (PUSH)

Marketing and participating in special University programs and department activities and events.

SEVEN

University Seminar presentation addressing decisions freshmen will make their first year.

Request a Program (RAP)

Campus educational outreach providing presentations on selected topics on request.

Forging Relationships & Nurturing Students (FRNS)

This is a peer support group with a primary focus on adjusting to college life. Peers will listen, consult, and provide helpful resources.

The Informer

Informational student website featuring resources promoting college success and survival.

Visit us on-line for this brochure, seminars, workshops, and many more resources.

http://www.latech.edu/career_center/
<http://www.latech.edu/students/counseling/>

The Smart H.A.B.I.T.S Academy

This program is open to students that would like to improve their academic performance. The goal of the Smart H.A.B.I.T.S. Academy is to provide assistance for students who are "at risk" of academic probation or suspension, instructing them to learn some fundamental skills and strategies to help increase their academic success. Pre-and-post assessments will be given to determine where the student is performing academically and strategies implemented to help the student improve their academic success. A certificate of completion is rewarded for proof of attendance. The Smart H.A.B.I.T.S. Academy helps students achieve academic success utilizing the following methods:

- Study Skills Workshops
- Time Management Workshops
- Stress Management Workshops
- Test Anxiety Workshops
- Individual Counseling
- Group Counseling
- Pre/Post Assessments
- Tutoring at the BARC
- On-line Workshops
- Computer software on various subjects of academic success
- Structured program designed to enhance higher GPA and ultimately graduation

Louisiana Tech University

Counseling Services

310 Keeny Hall

(318) 257-2488

Louisiana Tech University adheres to the equal opportunity provisions of federal and civil rights laws, and does not discriminate on the basis of race, color, national origin, religion, age, sex, sexual orientation, marital status or disability. The Title IX Coordinator is Carrie Flournoy, Presidents Office, Wyly Tower 1620; phone: 318-257-3785; e-mail – flournoy@latech.edu.

The 504 Coordinator is Annie Jantz, located in the VP for Student Advancement Office Keeny Hall 305; phone (318) 257-2445; email ajantz@latech.edu



LOUISIANA TECH

COUNSELING & CAREER SERVICES

Spring Quarter 2016

ACTIVITIES AND SERVICES

For an appointment come by:
Keeny Hall 310 or call
(318) 257-2488.

For questions call or email
counseling@latech.edu

Academic Support

Time Management

March 21 @ 2:30 pm

April 25 @ 2:30 pm

Study Skills

March 14 @ 2:30 pm

Taking Notes and Reading Textbooks

April 11 @ 2:30 pm

Test Anxiety and Test Taking Strategies

April 4 @ 2:30 pm

May 2 @ 2:30 pm

Stress Management

April 18 @ 2:30 pm

May 9 @ 2:30 pm

Alcohol & Drug

rcathey@latech.edu or burtiii@latech.edu

A.I.M. (Alcohol Individual Management)

A group that focuses on drug and alcohol usage through exploring their effects on social, academic, and personal lives. **Monday and Tuesday @ 3:30 pm**

T.H.C.

Teaching Healthy Choices. Understanding the realities of recreational drugs

Group Support

Anger and Attitude Adjustment

Wednesday@3 pm, burtiii@latech.edu

Body Image

rcathey@latech.edu

Build Gratitude in Your Life

rcathey@latech.edu

Down and Out

lms066@latech.edu

F.R.N.S

Thursdays @ 3:30 pm, burtiii@latech.edu

L.E.G.O.

sam097@latech.edu

LGBTQ

Wednesday @ 4pm @ Keeny Hall 333

Life Hacking Made Simple

dnn002@latech.edu

Loss: Darkness to Light

Wednesday @ 4 pm, burtiii@latech.edu

Strength Builders

jbw041@latech.edu

Tension Tamers

Wednesdays @ 3 pm, kcolvin@latech.edu

Career Seminars

For career center seminar times, visit the Career Center website at

http://www.latech.edu/career_center/.

Career Center Group Resources

Attendance of one of the following resources is a prerequisite to receive individual career counseling.

Vision Group

A three week group; counselor recommended

Self Assessments—Current Work Information-Group Interactions

March 23, 30 | April 13

**All Groups meet in Keeny Hall 337 from 3-4:30 pm*

Career Decision Making Workshop

April 18, 20, 27, 28

**All Groups meet in Keeny Hall 337 from 3-4:30 pm*

Career Lab

Every Monday and Tuesday @ 3

Individual Career Counseling

Call for an appointment (318) 257-2488

Teacher Recruitment Day

April 7, 2016

8:30-12:30

Spring 2016

Spring 2016

Spring 2016