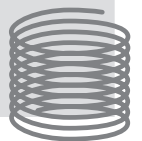


Weekly Bounce Back Topics

- WEEK I.** Welcome to Bounce Back!
- WEEK II.** Academic Advising: Navigating Through the Hoops
- WEEK III.** The Power of Persistence
- WEEK IV.** Learning: You've Got Style
- WEEK V.** The Art of Studying: Take Notes, Read and Succeed
- WEEK VI.** Where Does The Time Go? Managing Our Most Precious Commodity
- WEEK VII.** Meet Your Academic Advisor
- WEEK VIII.** Don't Delay: Overcoming Procrastination
- WEEK IX.** Gracious Gratitude: The Importance of Social Support
- WEEK X.** Creating Calm in a High Stress World
- WEEK XI.** Who Am I? The Importance of Self-Understanding
- WEEK XII.** Feeling Groovy: Mastering Emotion Regulation
- WEEK XIII.** Finding Meaning in Life
- WEEK XIV.** My Makeover: Before and After Shots
- WEEK XV.** Congratulations to the Graduate!



Sample Syllabus

Name of Your School
 Bounce Back Retention Program
 Course Name and Number

Facilitator:

Name
 E-mail
 Phone

Peer Coach:

Name
 E-mail
 Phone

- ▶ All facilitators are mental health professionals.
- ▶ All peer coaches have been trained to assist in the program.

Announcements from Facilitator and Peer Coach:

- ▶ Outside of class times, Blackboard is the main venue of communication between facilitators, peer coaches, and participants.

Bounce Back Seminar:

- ▶ Time of Class
- ▶ Location
- ▶ If appropriate, discuss criteria for course credit (One unit of course credit is given for participation and successful completion of this class).

Course Requirements:

- ▶ Attendance is required. Two absences are permitted, with notice to instructor prior to absence.
- ▶ All self-assessments, which are incorporated into the course curriculum (for example, Pre- and Post-Questionnaires, the VARK, Procrastination Survey, etc.) must be completed.
- ▶ A 500-word reflection paper will be assigned. The due date and topic of the paper will be determined by the instructor.

Course Materials:

- ▶ Bounce Back Retention Program Student Workbook. (Property of San Diego State University, Counseling and Psychological Services, 2007. Do not reprint without permission.)

