

Weekly Bounce Back Topics

Week 1: Welcome & Academic Advising

Week 2: Resilience

Week 3: The Science of Successful Learning

Week 4: Individual meetings with Instructor or Peer coach

Week 5: Learning: The Art of Studying

Week 6: Time Management

Week 7: Procrastination

Week 8: Power of Persistence & Grit

Week 9: Gratitude: The Importance of Social Support

Week 10: Creating Calm in a High Stress World

Week 11: Who Am I? The Importance of Self-Understanding

Week 12: Individual Meetings with Instructor or Peer Coach

Week 13: Mastering Emotion Regulation

Week 14: Finding Meaning

Week 15: Wrap Up

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, Canvas 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 to receive credit, with notice to instructor prior to absence.
- All self-assessments, which are incorporated into the course curriculum (for example, Pre- and Post-Questionnaires, 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:

- Selected readings as assigned at instructors discretion.