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:          Peer Coach:
Name                Name
E-mail              E-mail
Phone               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.)