BUILDING RESILIENCE, EMPOWERING MINDS

These assignable modules are designed to help students develop essential life and mental health skills that will enable them to cope with stress, anxiety, and other challenges. Students will learn how to develop resilience by cultivating positive thinking, managing their emotions, and adapting to change.

Through a series of challenging yet achievable assignments, students will develop a deeper understanding of themselves and their mental health needs, equipping them with the tools they need to thrive in today’s challenging world.

TAO content has been created by psychotherapists to provide evidence-based skills education for clients and has been supporting learners across the continent since 2014.

Incorporating these sessions into curriculum effectively:
- Teaches life skills to support a successful academic career
- Removes stigma where required of all learners
- Attaches learners to the self-help side of TAO
- And provides anonymous online access without ads

By investing in programs and interventions that support student mental health and wellbeing, colleges and universities can improve retention rates and help students achieve their educational goals. This can result in higher graduation rates, which can have a positive impact on the institution’s reputation and lead to higher earning potential and better job opportunities.

WHEN WE ASKED OUR PARTICIPANTS ABOUT TAO,

90.08% OF RESPONDENTS PROVIDED A SPECIFIC REASON THAT THEY BENEFITTED FROM THE PLATFORM

90.15% OF RESPONDENTS REPORT THAT TAO IS “SOMewhat HELPFUL” TO “VERY HELPFUL”

Internal Pendo survey presented on 4th and 8th log in.
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Create a strong and supportive network to help you achieve your goals

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An effective program for reducing alcohol use and disorders

F.O.C.U.S. & ADHD
A prerequisite to evaluation and treatment for Attention Deficit and Hyperactivity Disorder (ADHD)
# FIRST YEAR TOOLKIT

This toolkit features six evidence-based sessions specifically designed to help learners new to the higher education experience gain skills to handle the transition and respond positively to the challenges inherent in this new chapter of their lives.

**Roughly 1 hour 27 minutes**

<table>
<thead>
<tr>
<th>Session</th>
<th>Duration</th>
<th>After completing this session, you will be able to:</th>
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</thead>
<tbody>
<tr>
<td>Physical Exercise and Sleep Habits</td>
<td>10 minutes +/-</td>
<td>- Recognize how physical exercise influences anxiety</td>
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<td>- Recognize the benefits of good sleep habits</td>
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<td>- Change your sleep environment to make it more sleep friendly</td>
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<tr>
<td>Obstacles to Effective Time Management</td>
<td>20 minutes +/-</td>
<td>- Identify obstacles that interfere with managing time efficiently</td>
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<td>- Learn strategies to remove obstacles to time management</td>
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<td>- Identify which obstacles you find yourself doing</td>
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<tr>
<td>Problem Solving Model</td>
<td>25 minutes +/-</td>
<td>- Learn a 4-step problem solving model</td>
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<td></td>
<td></td>
<td>- Recognize what you can and can’t change</td>
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<tr>
<td>Overcoming Perfectionism</td>
<td>11 minutes +/-</td>
<td>- Understand what negative perfectionism is</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Understand ways of changing perfectionistic thinking</td>
</tr>
<tr>
<td>Social Support</td>
<td>10 minutes +/-</td>
<td>- Understand how relationships and social connections help keep you connected with life</td>
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<tr>
<td></td>
<td></td>
<td>- Understand how relationships and social connections overcome problems</td>
</tr>
<tr>
<td>Overcoming Loneliness</td>
<td>11 minutes +/-</td>
<td>- Learn about the negative health impact of loneliness and isolation</td>
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<td>- Learn some strategies for re-engaging socially</td>
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DE-STRESS SUCCESS

The content in this module features six evidence-based sessions specifically designed to add stress reduction skills to a learner’s résumé, hopefully pre-need. This module includes concrete skill building instruction and practice. This includes learning about lifestyle factors that affect stress, mindfulness, and different effective techniques to reduce stress.

Roughly 1 hour 35 minutes

Relaxation (15 minutes +/-)
After completing this session, you will be able to:
- Determine potential barriers to relaxation in your life
- Identify how the relaxation response is a counter to the fight-or-flight response

Mindfulness Tips (10 minutes +/-)
After completing this session, you will be able to:
- After completing this session, you will be able to demonstrate and understanding of mindfulness, evaluate mindfulness in your life and apply mindfulness in your life.

Progressive Muscle Relaxation (15 minutes +/-)
After completing this session, you will be able to:
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform progressive muscle relaxation

Guided Imagery (20 minutes +/-)
After completing this session, you will be able to:
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform guided imagery exercises

Deep Breathing (10 minutes +/-)
After completing this session, you will be able to:
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform deep breathing exercises

Lifestyle Factors (25 minutes +/-)
After completing this session, you will be able to:
- Recognize how lifestyle factors influence anxiety
- Face anxiety-provoking situations
UNDERSTANDING THE BRAIN AND ITS THOUGHTS

The content in this module features five evidence-based sessions specifically designed to facilitate a better understanding of patterns of thinking that can be detrimental to our mental well-being and overall quality of life. This module includes content that has been shown to be effective in challenging and altering unhelpful thought patterns.

Roughly 1 hour 20 minutes

What is Anxiety? (15 minutes +/-)
- Differentiate typical and problematic anxiety
- Recognize the physiological processes associated with anxiety
- Identify practices that exacerbate anxiety

The Cognitive Response System (15 minutes +/-)
- Identify the fight-or-flight response
- Recognize the physiological indicators of anxiety

Unhelpful Thoughts (10 minutes +/-)
- Identify common unhelpful thoughts
- Evaluate the degree to which unhelpful thoughts play a role in your life

Challenging Thoughts (15 minutes +/-)
- Review common unhelpful thoughts
- Practice challenging an unhelpful thought in your own life

Getting Stuck in Our Thoughts (25 minutes +/-)
- Learn that everyone has a constant stream of thoughts running through their head
- Know that what goes on in the inside is much messier than what they show on the outside
CREATING YOUR COMMUNITY: MAKING CONNECTIONS

The content in this module features five evidence-based sessions specifically designed to foster better communication and help you build strong relationships with those around you. Building your village can provide you with a sense of belonging and help you achieve your goals.

Roughly 1 hour 10 minutes

Communication Strategies (20 minutes +/-)

After completing this session, you will have learned:
- Learn strategies to communicate more effectively
- Learn about ‘I feel’ Statements
- Learn about Listening-Reflecting (Listening to something and paraphrasing)
- Learn about communicating clearly online

Different Types of Communication (15 minutes +/-)

After completing this session, you will have learned:
- Learn to describe different types of communication: passive, passive-aggressive, aggressive, and assertive
- Learn to identify less helpful (passive, aggressive, and passive-aggressive communications) statements
- Learn to create assertive responses in a variety of situations

Overcoming Loneliness (11 minutes +/-)

In this session, you will:
- Learn about the negative health impact of loneliness and isolation
- Learn some strategies for re-engaging socially

Social Support (10 minutes +/-)

After completing this session, you will be able to:
- Understand how relationships and social connections help keep you connected with life
- Understand how relationships and social connections overcome problems.

Understanding & Avoiding Drama in Relationships (25 minutes +/-)

After completing this session, you will be able to:
- Describe the roles and relationships in the Karpman Drama Triangle model
- Identify times you have observed the roles in your life
- Know strategies to help avoid drama
- Improve communications in relationships
BONUS POINTS

This content allows flexibility for faculty to give TAO completions extra credit or bonus points where curriculum requirements are fixed. Learners can self-select content or faculty can assign specific sessions. As an example: Extra credit will be awarded on the final exam based on the number of sessions completed. 3–5 sessions = 1 EC point, 6–10 sessions = 2 EC point, 11–15 sessions = 3 EC point.

**Progressive Muscle Relaxation (15 minutes +/-)**
After completing this session, you will be able to:
- Identify the fight-or-flight response
- Recognize the physiological indicators of anxiety

**The Cognitive Response System (15 minutes +/-)**
After completing this session, you will be able to:
- Identify the fight-or-flight response
- Recognize the physiological indicators of anxiety

**Problem Solving Model (25 minutes +/-)**
After completing this session, you will have:
- Learned a 4-step problem solving model
- Recognized what you can and can’t change

**Understanding Procrastination (18 minutes +/-)**
In this session, you will learn:
- some common causes of procrastination
- strategies for overcoming procrastination

**Getting Stuck in Our Thoughts (25 minutes +/-)**
After completing this session, you will:
- learn that everyone has a constant stream of thoughts running through their head
- know that what goes on in the inside is much messier than what they show on the outside

**Relaxation (15 minutes +/-)**
After completing this session, you will be able to:
- Determine potential barriers to relaxation in your life
- Identify how the relaxation response is a counter to the fight-or-flight response

**Guided Imagery (20 minutes +/-)**
After completing this session, you will be able to:
- Use your relaxation log to monitor your stress before and after relaxation exercises
- Perform guided imagery exercises
Flow (15 minutes +/-)
After completing this session, you will be able to:
- understand flow
- experience flow

Primer on Trauma (15 minutes +/-)
After completing this session, you will have:
- learned some causes of trauma
- identified symptoms of trauma
- learned ways of coping with traumatic experiences

Overcoming Perfectionism (11 minutes +/-)
After completing this session, you will:
- understand what negative perfectionism is
- understand ways of changing perfectionistic thinking

How Lifestyle Habits Affect Your Focus (10 minutes +/-)
In this session, you will learn:
- some common causes of procrastination
- strategies for overcoming procrastination

Mindfulness Techniques to Improve Focus (14 minutes +/-)
In this session, you will:
- learn techniques to improve your focus

Overcoming Loneliness (11 minutes +/-)
In this session, you will:
- learn about the negative health impact of loneliness and isolation
- learn some strategies for re-engaging socially

Unhealthy & Healthy Thoughts (5 minutes +/-)
After completing this session, you will be able to:
- understand the difference between healthy and unhealthy thoughts
- identify your own unhelpful thoughts
- learn ways to change unhelpful thoughts

Physical Exercise & Sleep Habits (10 minutes +/-)
After completing this session, you will be able to:
- recognize how physical exercise influences anxiety
- recognize the benefits of good sleep habits
- change your sleep environment to make it more sleep friendly
The content in this module supports Title IX and Clery Act requirements. This Dimensions Learning program consists of 11 highly engaging videos and interactive exercises to address root causes of sexual violence and can be curated and arranged for your campus.

Roughly 1 hour 35 minutes

**Communication in Relationships (15 minutes +/-)**
- After completing this session, you will be able to:
  - learn strategies for communicating regarding sexual boundaries
  - learn about the importance of sexual boundaries and communications
  - learn to identify qualities of healthy and unhealthy relationships

**The Grey Area (15 minutes +/-)**
- After completing this session, you will be able to:
  - learn to distinguish between situations with consent and without consent
  - learn to identify how and when a partner is communicating consent
  - learn about the three components of consent: clear, conscious, and voluntary

**Peer Pressure and Incapacitation is Not Consent (20 minutes +/-)**
- After completing this session, you will be able to:
  - learn about peer pressure, consent, and sexual enjoyment
  - learn that intoxication eliminates any possibility of consent

**It’s Okay to Intervene (10 minutes +/-)**
- After completing this session, you will be able to:
  - identify situations in which you observe or learn about someone being at risk for harm
  - learn 4 strategies to intervene as a bystander to insure safety for those around you: delegate, distract, delay and direct

**What Does Consent Look Like (10 minutes +/-)**
- After completing this session, you will be able to:
  - learn some data regarding sexual assault
  - learn to identify several myths and misconceptions regarding sexual assault and rape

**Expectations, Assumptions, and Stereotypes (25 minutes +/-)**
- After completing this session, you will be able to:
  - explore ways men and women face differing pressures and how these contribute to sex, sexual assault, and relationships
  - explore ways women may be treated differently based upon their gender

**Sexual Harassment Prevention (12 minutes +/-)**
- After completing this session, you will be able to:
  - Recognize the different types of harassment
  - Understand the Title IX requirements
  - Know who the mandatory reporters of harassment are and their responsibilities
The Alcohol Abuse Prevention program is a single 30-minute session focused on reducing underage and binge drinking by systematically challenging the beliefs people hold about the effects of alcohol. Once people understand that 90% of the good effects associated with drinking are mental effects they create, they naturally drink less or stop drinking all together.

ALC was originally developed and researched by Dr. Peter Debenedittis. The content includes videos, educational slides, and interactive activities. It has been researched extensively with 7 studies published in peer-reviewed journals.

SAMHSA’S REVIEW OF THE ALC:
THIS PROGRAM WAS RATED EFFECTIVE FOR REDUCING ALCOHOL USE AND DISORDERS; AND FOR IMPROVING KNOWLEDGE, ATTITUDES, AND BELIEFS ABOUT SUBSTANCE USE.

Alcohol Literacy Challenge™ (30 minutes +/-)
In this session, you will:
- learn to distinguish between myths and realities of alcohol effects
- identify impressions created by alcohol advertising
- learn the difference between mental effects and physical effects of alcohol
- learn alcohol content of several different beverages
IMPROVING YOUR FOCUS

These sessions from the F.O.C.U.S. intervention provide education and skills to help individuals improve their concentration. The interactive content helps learners identify barriers to focusing effectively and provide evidence-based strategies for improving concentration.

Roughly 1 hour 8 minutes

Understanding Procrastination (18 minutes +/-)
After completing this session, you will be able to:
• Learn some common causes of procrastination
• Learn strategies for overcoming procrastination

Optimizing Academic Skills (6 minutes +/-)
After completing this session, you will be able to:
• Learn several ways to optimize your academic skills

How Lifestyle Habits Affect Your Focus (10 minutes +/-)
After completing this session, you will be able to:
• Learn how your sleeping, eating, and exercise habits contribute to your ability to focus
• Learn ways you can improve your lifestyle habits

How Substance Misuse Affects Your Focus (8 minutes +/-)
After completing this session, you will be able to:
• Learn how substance misuse can contribute to your inability to focus
• Learn ways to improve your lifestyle habits

How College Life Affects Your Focus (7 minutes +/-)
After completing this session, you will be able to:
• Learn how dramatic lifestyle differences in high school versus college can impact your focus
• Learn ways to improve your lifestyle habits

How Mental and Medical Conditions Affect Your Focus (5 minutes +/-)
After completing this session, you will be able to:
• Understand the ways mental and medical conditions can affect your focus

Mindfulness Techniques to Improve Focus (14 minutes +/-)
After completing this session, you will be able to:
• Learn mindfulness techniques to improve your focus
F.O.C.U.S. & ADHD
FIRSTLINE OPTIMAL COGNITIVE UTILITY STRATEGIES INTERVENTION

These interactive sessions can be completed as a prerequisite to evaluation and treatment for Attention Deficit and Hyperactivity Disorder (ADHD). These sessions provide education and skills to help individuals improve their concentration, identify barriers to focusing effectively and provide evidence-based strategies for improving concentration and focus. This short course is most effective when completed in sequence. Roughly 1 hour 22 minutes

The Purpose of the F.O.C.U.S. Intervention (4 minutes +/-)
- After completing this session, you will be able to:
  - Identify symptoms of inattention; identify causes of impaired focus
  - Understand how ADHD is diagnosed and managed

How Lifestyle Habits Affect Your Focus (10 minutes +/-)
- After completing this session, you will be able to:
  - Learn how your sleeping, eating, and exercise habits contribute to your ability to focus
  - Learn ways you can improve your lifestyle habits

How Substance Misuse Affects Your Focus (8 minutes +/-)
- After completing this session, you will be able to:
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How College Life Affects Your Focus (7 minutes +/-)
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- After completing this session, you will be able to:
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Mindfulness Techniques to Improve Focus (14 minutes +/-)
- After completing this session, you will be able to:
  - Learn mindfulness techniques to improve your focus

Understanding Procrastination (18 minutes +/-)
- After completing this session, you will be able to:
  - Learn some common causes of procrastination
  - Learn strategies for overcoming procrastination

Optimizing Academic Skills (6 minutes +/-)
- After completing this session, you will be able to:
  - Learn several ways to optimize your academic skills

Summary of F.O.C.U.S. Techniques (5 minutes +/-)
- After completing this session, you will be able to:
  - Review and remember various F.O.C.U.S strategies to improve your academic performance

ADHD and Learning Disabilities (5 minutes +/-)
- After completing this session, you will be able to:
  - Understand how ADHD is diagnosed and treated
  - Identify other factors that may be impairing focus