



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

MARCH 2024 NEWSLETTER

Wellness & Study Abroad

Hello Psychology Majors,

We hope you had a wonderful Spring Break. As you get ready for exams and projects in the second half of the semester, it's always good to be mindful of your mental and physical wellness and what you can do to take care of yourself. We have a lot of relevant resources in this newsletter and also highlight some study abroad resources. Don't forget to check out the **Hokie Bucket List** challenges below!



We hope you have a wonderful start to Spring, as more of the flowers and trees bloom on campus soon. You are more than halfway through the Spring 2024 semester! Good luck with any mid-terms!

*Taylor Swan, Christina Minford,
Courtney Glass, & Dr. Kurt Hoffman*



Wellness - Mental Health:

- **TimelyCare**: Free, 24/7 access to virtual therapy services
- **Cook Counseling therapy appointments**: Call 540-231-6557 to schedule an individual counseling appointment
- **Cook Counseling Group Therapy**: So many group opportunities including Understanding Self and Others, Mindfulness for Anxiety, Group and Loss Group, Self-Compassion Group and more
- **Cook Counseling Support Groups**: So many groups to join including Cadet to Civilian Group, Q*mmunity Group, Survivor Group and more
- **Cook Counseling Academic Resources**: Online Study Skills Workshops and ADD Handbook, as well as other academic resources
- **Hokie Wellness Workshops**: Mental Health Workshops, Koru Mindfulness, The Body Project, Financial Wellness Workshops, Sexual Violence Prevention Workshops, Learn How to Quit Vaping and more

Wellness - Physical Health:

- **Hokie Wellness Workshops**: Sign up for workshops on Alcohol, Body Image, Substance Misuse, Sex, Sun, Sleep and Finances
- **Nutrition Resources**: Download a healthy cookbook and set up an appointment with a Schiffert Dietician - no additional fee
- **Hokie Wellness Consultation**: Schedule an appointment to talk about nicotine use, nutrition, sexual health, financial wellness
- **Virginia Tech Recovery Community**: Support for the absence of substance use and the presence of community to improve your life
- **Recreational Sports**: Sign up for a group exercise class or an intramural sport, includes Venture Out Trips and Gear Rentals
- **Physical Health Facilities**: More information about gyms and other recreation spaces on campus



Study Abroad Opportunities

- You can find a list of featured programs for psychology students [here](#).
- You can participate in study abroad for a semester, winter session or summer session.
- You can go on any study abroad program (not just psychology specific) but make sure to check in with your academic advisor beforehand to plan your next semesters accordingly.
- You can search study abroad programs and scholarships [here](#).
- You can contact the Global Education Office and be connected with an Advisor at vtabroad@vt.edu.

Hokie Bucket List for March

Take a picture of yourself completing one of the tasks below and email it to psycadvising@vt.edu. You will be entered into a raffle to win a prize!

- Attend any [Virginia Tech Sporting Event](#)
- Attend a [VT Women's Month event](#)
- Take a picture with one of the VT Therapy Dogs - at their [office hours](#) or anywhere on campus