



CALLING ALL DUCKS!

Check into the groups that are available this Fall Term at the University Counseling & Testing Center - Your student supported service!

Anxiety Workshop

8 Week session focusing on skills to manage anxiety and panic. Beginning 10/21 and ends on 12/2.

Family Issues

This group provides an opportunity for students who grew up in a dysfunctional family to explore and work through issues regarding intimacy and interpersonal relationships.

Eating Awareness Workshop

This workshop will help people develop healthier attitudes and feelings toward food and weight. Topics covered include: body image, self-esteem, anger and assertion, perfectionism, and strategies for coping with stress.

Eating Disorders

For women who have or had eating disorders and are ready to address issues that caused it. The focus will be on feeling and relationship styles.

International Students

This group is designed for international students to share their experiences and concerns, to explore their values and beliefs and talk about their changing roles in a new environment.

Men's Group

This group is designed to help men explore their values and beliefs, relationships, changing roles and other issues through personal sharing in a safe and constructive environment.

New Directions

A group designed to explore addictive behaviors, raise awareness, and provide skills to change behavior patterns that do not work for you.

Personal Issues Groups

A group to help members deal with personal issues that are interfering with relationships or personal goals.

Women's Relational Group

A group for women who want to explore personal issues and relationships in a safe and caring environment.



Classes for credit

Multicultural Leadership EDLD 199/409

Register through DuckCall
An experiential class for student to improve leadership skills. Class focuses on identifying your style, understanding differences, and skill building. • Instructors: R. Miyaguchi/G. Jansen/A. Lau • Friday 2 - 3:30

Planned, based on interest

- ✓ **Anger Management Workshop**
Eight sessions on helping to deal with anger.
- ✓ **Bipolar Issues Group**
A support and educational group for individuals diagnosed with bipolar disorder
- ✓ **Gay Men's Group**
Explore such issues as relationships, intimacy, homophobia, & coming out
- ✓ **Depression Workshop**
Eight sessions on helping people deal with depression.
- ✓ **Lifeskills: Stress Management and Self-Esteem**
CPSY 407
This class will cover issues of self-esteem and stress management. Register through Duck Call.
- ✓ **Sex Assault Survivors Group**
This is a group for survivors of sexual assault.

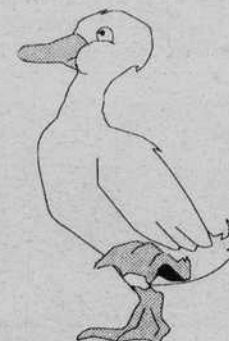
Stop by the Center or call 346-3227 anytime during Fall Term to register.

Groups and workshops are available only to University students and are provided at no charge.

All Groups and Workshops meet at the Counseling Center, located on the second floor of Student Health Building, unless noted otherwise.

Visit our Web site at
<http://www.uoregon.edu/~counsel>

All groups and workshops are accessible to individuals with disabilities. Contact 346-3227 for accommodations.



University of Oregon Testing Office

Office hours: Mon.-Fri., 9am-5pm • 238 University Health & Counseling Center • 346-3230

ETS Computer-based testing registration: 346-2772

Web site: <http://www.uoregon.edu/~testing/>

Do you need to take the GRE • GMAT • TOEFL • PPST/PRAXIS

The University of Oregon Testing Office is an official ETS computer-based testing site. Testing is available year-round, Monday-Friday, 2 sessions a day. Appointments can be scheduled by calling 541.346.2772 or by visiting the Testing Office.

The Testing Office is located on the 2nd floor (Rm. 238) of the University Health and Counseling Center, 1590 E. 13th Ave., Eugene OR.

The period of greatest demand is usually Sept. through March, so it makes sense to **plan ahead**.

For more information visit the Testing Office web site at
<http://www.uoregon.edu/~testing/>

The University Testing Office offers a variety of services to the campus community. While not the most pleasant of subjects, testing is very much a part of a student's academic experience. Whether it be placement testing for new 1st year students or the computer-based GRE for seniors planning to apply to graduate school, most students will have need at some point in their academic career to seek out the services of the Testing Office. The Testing Office has an "open door" policy, meaning that students in search of information and answers to testing related questions are welcome to drop by during our regular hours. Most of the testing however is done by appointment. The Testing Office has as a goal to provide services and information to assist students in achieving their academic and career goals. This is accomplished through working in conjunction with and in support of a number of offices and departments on the University campus.