

Join our RIO workshops!

Recognition-Insight-Openness



When: Friday 10/28, 11/4, and 11/11 from 12:00-12:45pm

Where: 10/28 in the Counseling Center; 11/4 and 11/11 in Commons 328

We hope that you will find RIO helpful in learning to recognize and better manage the concerns that led you to the UMBC Counseling Center. Many people pursue counseling with the idea that their counselor will know exactly how to “fix” them. RIO is specifically designed to help **you** get a better idea of what you want to change and how to get there.

RIO consists of *3 weekly seminars*. In order to get the most out of the series, it is important to complete all 3 seminars in addition to the reading and exercises in this workbook.

The main goals of RIO are to give you tools to recognize your concerns and to develop a clearer idea of what you want to change in your life.

Once you have developed your roadmap to change, you will have a better idea of where you need to go. You may decide to continue on your own or enlist other resources such as friends, family, advisors, professors, or professionals to help you reach your goals. You may even decide that this is not the right time for you to continue this change process, and you would rather focus your energy on other priorities. Whatever you decide, we can support you in your process and hope that RIO will help clarify your goals.

For more information about or to sign up for RIO workshops, go to:

<http://tinyurl.com/SignUp-RIO>

Or contact:

Clinton Lewin (clewin@umbc.edu) or

Emilie Stuber-Lawson (estuber@umbc.edu)