



### ***Redesign What's Possible***

EMU's Occupational Therapy on campus services will support you in creating routines and habits to improve your success in the classroom and beyond.

Back by popular demand, OT on Campus is a faculty-led, student-facilitated 8 week program.

We are here to help you:

- ☐ Manage stress and anxiety
- ☐ Improve time management and organizational skills
- ☐ Improve study skills
- ☐ Reduce habitual procrastination
- ☐ Create a restorative sleep routine
- ☐ Develop routines to support physical and mental health
- ☐ Modify your environment to support focus, energy and ergonomics
- ☐ Manage chronic health conditions
- ☐ Create healthy lifestyle balance that fits you

## **Get Started with OT on Campus!**

### Individual Sessions

- Email [emu\\_fieldwork@emich.edu](mailto:emu_fieldwork@emich.edu) to sign up for our 8 week program.
- The program consists of an initial assessment and 7 follow up meetings where we will explore resources and strategies to support you in achieving your desired goals.
- Each weekly visit will focus on reviewing progress made toward goals and discussing additional strategies to sustain positive change.
- Meetings are 60 minutes in length and scheduled Tuesday or Friday.

Program starts the week of February 14th, 2022. Make sure to sign up to solidify your space as we are limited in the number of sessions offered.