

OAKLAND UNIVERSITY™

Gender and Sexuality Center



Welcome Back Golden Grizzlies!

The Gender & Sexuality Center is back to serve you in-person! Our office is located in Room 47 of the Oakland Center, and we look forward to seeing you all back in the Center very soon.

If visiting our office in-person doesn't work for your circumstances, please email gsc@oakland.edu to schedule a virtual meeting with our staff.

Upcoming Opportunities

GSC Program and Events Calendar

The Gender and Sexuality Center's shared Google calendar contains updated information about programs and events for the fall semester in addition to dates, times and locations for each event. Subscribing to our Google calendar allows you to be in the loop about our happenings. The GSC will be following a hybrid model for programming and events for the time being.

Subscribe to the GSC's Events Calendar

Join the GSC Peer Mentor Program!

Founded in 2008, as the first LGBTQIA focused program in the state of Michigan, the GSC Peer Mentor Program aims to support students in their transition to college by providing an experienced student mentor. This one-on-one mentoring relationship empowers first and second year students to develop academic and leadership skills

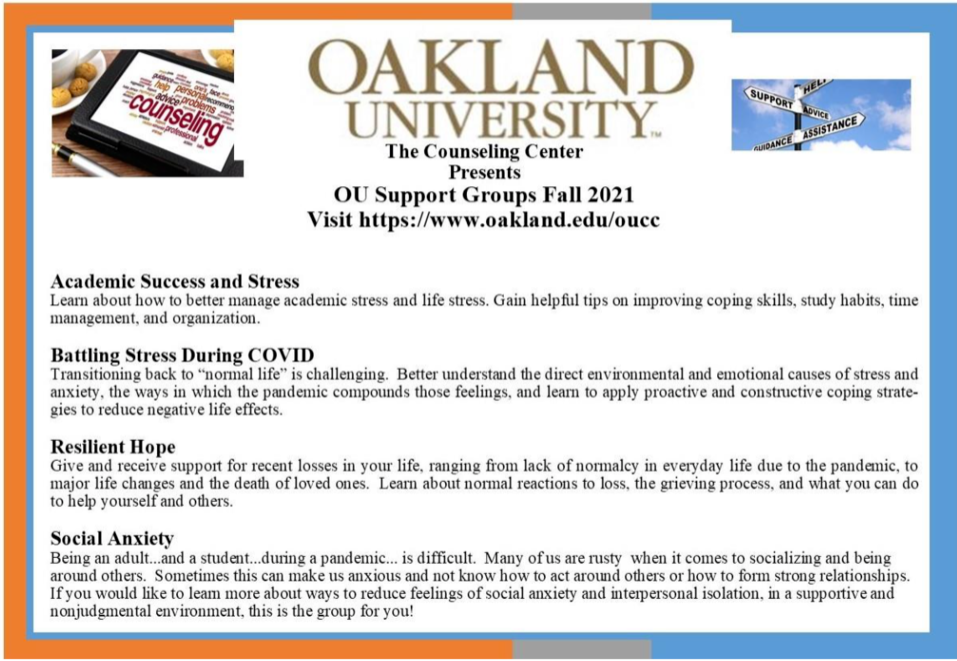
in addition to providing information on available support services and programs. For more information, contact GSC@oakland.edu.

Complete the form below (must be signed into OU Webmail) to indicate your interest in being paired with a GSC Peer Mentor for the duration of the 2021 - 2022 academic year. Space is limited so sign up today!

Peer Mentor Program Info and Application

Counseling Center Support

Throughout the Fall 2019 semester, the Counseling Center will be providing a variety of Support Groups geared toward students success at Oakland University. Additional information about the various Support Groups can be found on the flier below or by visiting <https://www.oakland.edu/oucc>.



The flier is titled "OAKLAND UNIVERSITY The Counseling Center Presents OU Support Groups Fall 2021" and includes the website "Visit https://www.oakland.edu/oucc". It features three images: a stack of books with a "counseling" sign, a road sign pointing to "SUPPORT", "SERVICE", "GUIDANCE", and "ASSISTANCE", and a signpost with "HELL" and "HELP" directions. The flier lists four support groups: Academic Success and Stress, Battling Stress During COVID, Resilient Hope, and Social Anxiety, each with a brief description of the group's focus.

OAKLAND UNIVERSITY
The Counseling Center
Presents
OU Support Groups Fall 2021
Visit <https://www.oakland.edu/oucc>

Academic Success and Stress
Learn about how to better manage academic stress and life stress. Gain helpful tips on improving coping skills, study habits, time management, and organization.

Battling Stress During COVID
Transitioning back to "normal life" is challenging. Better understand the direct environmental and emotional causes of stress and anxiety, the ways in which the pandemic compounds those feelings, and learn to apply proactive and constructive coping strategies to reduce negative life effects.

Resilient Hope
Give and receive support for recent losses in your life, ranging from lack of normalcy in everyday life due to the pandemic, to major life changes and the death of loved ones. Learn about normal reactions to loss, the grieving process, and what you can do to help yourself and others.

Social Anxiety
Being an adult...and a student...during a pandemic... is difficult. Many of us are rusty when it comes to socializing and being around others. Sometimes this can make us anxious and not know how to act around others or how to form strong relationships. If you would like to learn more about ways to reduce feelings of social anxiety and interpersonal isolation, in a supportive and nonjudgmental environment, this is the group for you!

PRISMA Study

The University of North Texas Department of Psychology is seeking participants who identify as LGBTQ+ and are 1) between 18-25 years old, 2) fluent in English, and 3) currently residing in the United States to participate in a research study titled, "Promoting Resilience in Sexual Minority Adults" (PRISMA). The purpose of this study is to understand the relationships between LGBTQ+ experiences, discrimination, and mental health.

Participation in this study takes approximately 30-45 minutes of your time and consists of completing online questionnaires and short-answer responses to questions about LGBTQ+ experiences.

It is important to remember that participation is voluntary. You will receive compensation (an electronic retail gift card) for participation. You may also opt to donate your compensation to an LGBTQ+ charity/non-profit of your choice. If you would like to participate or receive more information, please contact the research team by email at prisma.study@gmail.com.

Oakland University
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