

# NITEO Schedule

**Students** complete the coursework and individualized coaching at NITEO at the Center for Psychiatric Rehabilitation at Boston University, a wellness resilience and academic hardiness program for college students. The coursework at the Niteo focuses on building major academic skills including expository writing, critical thinking, and learning and study strategies, as well as mindfulness, stress resilience, and wellness. Through high engagement in NITEO, students cultivate the skills integral to academic success at college – self-advocacy, academic fluency, healthy self-concept, strong interpersonal relationships, and resiliency.

See schedule & course descriptions below.

## Weekly Overview: classes occur on Monday, Wednesday and Fridays

TIME	MON	WED	FRI
10:00-10:50 AM	<b>Writing Seminar</b>  Develop critical thinking skills and practice applying them to a range of collegiate writing prompts and discussions	<b>Academic Seminar</b>  Adapt learning strengths and challenges to a range of academic skills to improve cognitive functioning.	<b>Peer Learning Group</b>  Develop project management, planning, communication, problem-solving, & conflict-resolution abilities.
11:00-11:50 AM	<b>Stress Resilience</b>  Explore the impact of stress on our minds and bodies work together to develop skills and strategies to navigate these stressors.	<b>Wellness Seminar</b>  Practice & develop healthy emotional & cognitive coping skills & supports that promote wellness & resiliency.	<b>Peer Learning Group Lab</b>  Collaborate with team members, effectively communicate group & individual needs in a supported structured environment.
12:00-12:50 PM	<b>Lunch</b>	<b>Lunch</b>	<b>Healthy Relationships</b>  Apply health-promoting tools and strategies to build, enhance, and maintain healthy relationships.
1:00-1:50 PM	<b>Career Seminar</b>  Explore vocational identity. Map out interests, ability and skills for potential career fields and majors.	<b>Academic Workshop</b>  Implement & practice academic, vocational and interpersonal skills within a support structured environment.	<b>Lunch</b>
2:00-2:50 PM	<b>Ideas Worth Discussing</b>  Develop public speaking competencies, facilitate and participate in peer-led discussions.	<b>Storytelling Facilitation</b>  Challenge the stigma of mental health through storytelling. Empower personal narratives of young adults.	<b>Peer Led Activities</b>
3:00-3:50 PM	<b>Peer Led Activities or Coaching</b>	<b>Peer Led Activities or Coaching</b>	
4:00-4:50 PM	<b>Peer Led Activities or Coaching</b>	<b>Peer Led Activities or Coaching</b>	

# Frequently Asked Questions

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What happens on Tuesday & Thursdays?	<p>There is no programming on Tuesdays and Thursday, however that does not mean the center is closed. Students are welcomed to come use the space for coaching, classwork, accountability or connecting with peers.</p> <p>Additionally, on these days students might decide to enroll in a course at one of the local Colleges or Universities, as a non-matriculated student. Other students continue or seek out part-time work, volunteer or internship opportunities. And for some students NITEO is enough to occupy their attention and assess readiness.</p>
What is a College Coach?	<p>Coaching is one-on-one, solution-focused, hands-on, and collaborative approach to working with young adults to help them thrive in all areas of their well-being. In the coaching process, student and coach are partnering to identify and make progress toward their goals by building skills and supports to help the individual assume or resume their role of choice.</p> <p>All students in the NITEO program are paired with a college coach.</p>
What is meant by the peer run activities?	<p>We have students who have gone through the program and then apply to return as employees. They are called Peer Mentor Interns and they provide support and connection to our enrolled NITEO students both in and out of the classroom.</p> <p>At the end of each NITEO day, they plan, organize and host activities for students involved in our programs as a way to enhance connection and reduce loneliness.</p>
What happens after the program ends?	<p>We don't go anywhere. We can offer structured support such as continued college coaching, either in-person or remotely. Students are welcome to attend our open-enrollment classes and peer led social activities.</p> <p>We also reach out informally to all students, on a continuous basis.</p>
How do I enroll?	<p>Reach out to Paul Cherchia at <a href="mailto:cherchia@bu.edu">cherchia@bu.edu</a> or Chelsea Cobb at <a href="mailto:clcobb@bu.edu">clcobb@bu.edu</a> to learn more.</p>