



College Mental Health  
Programs at Boston  
University  
*presents*

# SUMMER NITEO

*An intensive virtual learning & collegiate  
resilience program dedicated to building  
community, wellness, & readiness for higher  
education*

## **Summer Session 1**

*May 18-June 26, 2020*

## **Summer Session 2**

*July 6-August 14, 2020*

For more information, or to apply, visit  
<https://cpr.bu.edu/living-well/college/apply/>

or contact Program Director,  
Courtney Joly-Lowdermilk, 617-483-3827 or  
cjoly@bu.edu



# SUMMER NITEO

*Monday-Friday*

*10:00-10:45 am*

## *Core Skills-Building Classes*

*Peer Learning Group, Science of Wellbeing, Writing Seminar, Healthy Relationships, & LEAD BU, & Ideas Worth Discussing*

*Support & Structure 11:00-11:45 am*

*Daily staff-guided study hall following class; additional support around classwork & structured time to complete assignments*

*Community & Connection 1:00-5:00 pm*

*Peer-led Activities available daily; students select & enroll in at least 3; Activity themes range from music & board games to workouts & hangouts*

## *College Coaching*

*Students work individually with a College Coach to make progress toward unique goals & collegiate resilience & readiness*