



College Mental Health
Programs at Boston
University
presents

SUMMER NITEO

*An intensive in-person learning &
collegiate resilience program dedicated to
building community, wellness & readiness for
higher education, work, and overall well-living*

June 14 - July 30, 2021

Summer sessions are \$5000 *with financial
assistance available* to students/families in need.

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

Classes, Coaching & Community

4 Core Skills-Building Classes

Peer Learning Group: *a project-based class for building academic & interpersonal skills*

Writing Seminar: *a class for building writing & research skills*

Wellness Seminar: *a survey class for exploring strategies for overall wellbeing & thriving*

Ideas Worth Discussing: *a presentation- & discussion-based class to practice academic inquiry*

Support & Structure

Daily Staff-Guided Study Hall: *supportive spaces and structured time to complete assignments*

Community & Connection

Peer-led Activities: *ranging in themes from music & board games to workouts & hangouts; NITEO students enroll in 2 social activities with the option to attend all*

College Coaching

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

NITEO SUMMER Morning Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Writing Seminar 10-10:50 am	Ideas Worth Discussing 10-10:50 am	Collegiate Wellness 10-10:50 am	Peer Learning Group 10-10:50 am	
Writing Lab 11-11:50 am	Idea Lab 11-11:50 am	Classroom Wellness 11-11:50 am	Peer Learning Lab 11-11:50 am	
LUNCH 12-1:00 pm	LUNCH 12-1:00 pm	LUNCH 12-1:00 pm	LUNCH 12-1:00 pm	
STUDY HALL 1-1:50 pm	STUDY HALL 1-1:50 pm	STUDY HALL 1-1:50 pm	STUDY HALL 1-1:50 pm	
Activity 2-2:50 pm	Activity 2-2:50 pm	Activity 2-2:50 pm	Activity 2-2:50 pm	

NITEO SUMMER Afternoon Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
STUDY HALL 1-1:50 pm	STUDY HALL 1-1:50 pm	STUDY HALL 1-1:50 pm	STUDY HALL 1-1:50 pm	
Activity 2-2:50 pm	Activity 2-2:50 pm	Activity 2-2:50 pm	Activity 2-2:50 pm	
Writing Seminar 3-3:50 pm	Ideas Worth Discussing 3-3:50 pm	Wellness Seminar 3-3:50 pm	Peer Learning Group 3-3:50 pm	
Writing Lab 4-4:50 pm	Idea Lab 4-4:50 pm	Wellness Lab 4-4:50 pm	Peer Learning Lab 4-4:50 pm	