

NITEO Schedule

Student has completed the coursework and individualized coaching at NITEO at the Center for Psychiatric Rehabilitation at Boston University, a mental health and resilience program for college students. The coursework at the Academy 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, Student has cultivated the skills integral to academic success at University – 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 |
|----------------|--|--|--|
| 10:00-10:50AM | Writing Seminar Develop critical thinking skills and practice applying them to a range of collegiate writing prompts. | Academic Seminar Adapt learning strengths and barriers to a range of academic skills to improve cognitive functioning. | Peer Learning Group Develop project management, planning, communication, problem-solving, & conflict-resolution abilities. |
| 11:00-11:50 AM | Writing Lab Build time management and organizational skills to be applied to the writing assignments, in a supported structured environment. | Wellness Seminar Assess strengths & barriers in terms of wellness & resilience. Practice & develop healthy emotional & cognitive coping skills & supports. | Peer Learning Group Lab Collaborate with team members, effectively communicate group & individual needs in a supported structured environment. |
| 12:00-12:50 PM | Lunch | Lunch | Healthy Relationships Apply health-promoting tools and strategies to build, enhance, and maintain healthy relationships. |
| 1:00-1:50 PM | Career Seminar Explore vocational identity. Map out interests, ability and skills for potential career fields and majors. | Academic Workshop Implement & practice academic, vocational and interpersonal skills within a support structured environment. | Lunch |
| 2:00-2:50 PM | Ideas Worth Discussing Develop public speaking competencies, facilitate and | Storytelling Facilitation Challenge the stigma of mental health through | Peer Led Activites |

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| | participate in peer-led discussions. | storytelling. Empower personal narratives of young adults. | |
| 3:00-3:50 PM | Peer Led Activites or Coaching | Peer Led Activites or Coaching | |
| 4:00-4:50 PM | Peer Led Activites or Coaching | Peer Led Activites or Coaching | |

Frequently Asked Questions

| Frequently Asked Questions | Answers |
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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> |
| | We don't go anywhere. We can offer structured support such |

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| What happens after the program ends? | <p>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 cherchia@bu.edu or Chelsea Cobb at clcobb@bu.edu to learn more.</p> |