BUILDING RESILIENCE, EMPOWERING MINDS

By investing in programs and interventions to support student mental health and wellbeing, colleges and universities can improve retention rates and help students achieve their educational goals. This can result in higher graduation rates, which can have a positive impact on the institution’s reputation and lead to higher earning potential and better job opportunities.

Assignable modules, which are designed to help students develop essential life and mental health skills enables them to cope with stress, anxiety, and other challenges. Students learn how to develop resilience by cultivating positive thinking, managing their emotions, and adapting to change.

Through a series of challenging yet achievable assignments, students develop a deeper understanding of themselves and their mental health needs, equipping them with the tools they need to thrive in today’s challenging world.

TAO content has been created by psychotherapists to provide evidence-based skills education for clients and has been supporting learners across the continent since 2014.

Incorporating these sessions into curriculum effectively:
- Teaches life skills to support a successful academic career
- Removes stigma where required of all learners
- Attaches learners to the self-help side of TAO
- And provides anonymous online access

WHEN WE ASKED OUR PARTICIPANTS ABOUT TAO,

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>90.08%</td>
<td>90.15%</td>
</tr>
<tr>
<td>OF RESPONDENTS PROVIDED A SPECIFIC REASON THAT THEY BENEFITED FROM THE PLATFORM</td>
<td>OF RESPONDENTS REPORT THAT TAO IS &quot;SOMewhat HELPFUL&quot; TO &quot;VERY HELPFUL&quot;</td>
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</tbody>
</table>

JOIN US FOR A TOUR OF TAO

APRIL 11, 2023
11AM EDT
10AM CDT
9AM MDT

CLICK HERE TO REGISTER

OR BOOK A PRIVATE TOUR
SALES@TAOCONNECT.ORG
ASSIGNMENT SERIES

Topics in our assignment series include interactive sessions to help engage students in their mental health learning journey. Examples in the assignment series are...

FIRST YEAR TOOLKIT
Skills to handle the transition and respond positively to challenges

DE-STRESS SUCCESS
Skills for thriving today

UNDERSTANDING THE BRAIN AND ITS THOUGHTS
Recognize physiological processes and how they affect your functioning

CREATING YOUR COMMUNITY: MAKING CONNECTIONS
Create a strong and supportive network to help you achieve your goals.

IMPROVING YOUR FOCUS
Techniques to help you improve your concentration

BONUS POINTS
Extra Credit or Individual Assignments

ADDITIONAL ASSIGNMENT SERIES

SEXUAL ASSAULT PREVENTION
Addressing root causes of sexual violence

F.O.C.U.S. & ADHD
A prerequisite to evaluation and treatment for Attention Deficit and Hyperactivity Disorder (ADHD)

ALCOHOL LITERACY CHALLENGE™
An effective program for reducing alcohol use and disorders