



# 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,

90.08%

OF RESPONDENTS  
PROVIDED A  
SPECIFIC REASON  
THAT THEY  
BENEFITTED FROM  
THE PLATFORM

90.15%

OF RESPONDENTS  
REPORT THAT TAO  
IS "SOMEWHAT  
HELPFUL" TO  
"VERY HELPFUL"

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

