

THE ADULTING SANDBOX:

Kindergarten Skills for College Success

Fall Term | Fridays, 1:00 PM – 2:00 PM

Cohort Capacity: Limited to 8 Students (Grant-Funded Cohort)

Location: SU

Facilitator: Dr. Carrie Vath

OUR COHORT COMMITMENT

Welcome to **The Adulting Sandbox**! This is a voluntary, grant-funded program, meaning all materials, weekly nostalgic snacks, and resources are provided to you at zero cost. Because our cohort is strictly limited to 8 students, your presence and unique perspective make a huge difference to the group dynamics!

Here is what we ask of each other to make this space work:

- **Weekly Attendance:** By joining, you are committing to showing up each Friday from 1:00 PM – 2:00 PM. If life gets in the way and you need to miss a session, simply send a quick heads-up text or email to Dr. V beforehand so we can save your spot and plan accordingly.
- **No Stress, No Judgment Zone:** Pre-session self-assessments are designed to help *you* reflect, not to grade you. If you didn't have time to complete the assessment before Friday, come anyway! Life happens, and you are always welcome at the table just as you are.
- **100% Ownership of Your Data:** Your assessment scores and app results belong solely to you. You will never be forced to share your numbers or answers. You decide what, if anything, you'd like to share with Dr. V or the group on your reflection sheets.

Program Description

College life gets fast, loud, and overwhelming but resolving the biggest stressors doesn't require complex theory. **The Adulting Sandbox** takes a nostalgic step back to simpler times to tackle modern campus challenges. Every Friday, our 8-person cohort gathers to enjoy classic childhood snacks (Capri Suns, Goldfish, Teddy Grahams, and Lunchables) while revisiting Joy Berry's classic children's books on real-world behaviors, from setting boundaries and managing mess to navigating dorm drama, academic ethics, and burnout.

Before each session, you will complete a quick, confidential self-assessment on that week's theme. During our 60 minutes together, we'll read the story, unpack assessment results using interactive reflection sheets (complete with crayons!), and convert simple childhood lessons into powerful adult micro-habits. It's low-pressure, high-impact, and designed to help you thrive through the Fall term.

Main Learning Outcomes

By the end of this 6-session series, participants will be able to:

1. **Practice Self-Awareness & Stress-Regulation:** Evaluate personal behavioral triggers (over-committing, physical disorganization, burnout) using self-assessments to recognize when stress impacts daily functioning.
2. **Develop Pro-Social Communication Skills:** Formulate constructive, direct strategies for navigating conflict, dorm living, gossip, and peer pressure, replacing reactive behaviors with empathetic and ethical communication.
3. **Actionable Boundary & Priority Setting:** Create and implement personalized "micro-habit" action plans each week that translate foundational life lessons into practical time-management, academic integrity, and personal-boundary strategies.

Weekly Schedule & Snack Menu

- **Week 1: Oct. 2 | Overdoing It (Boundaries & Priority)**
 - **Book Target:** *A Children's Book About Overdoing It*
 - **Self-Assessment:** Time Management Inventory & TELUS Health App LIFT Burnout & Balance tools
 - **Childhood Snack Pairing:** Capri Sun & Goldfish Crackers ("Don't get caught fishing for complaints—sip and reset.")
 - **Dani Donovan Anti-Planner Takeaway:** Priority Worksheets & Say No
- **Week 2: Oct 9 | Being Messy (Stress & Environment)**
 - **Book Target:** *A Children's Book About Being Messy*
 - **Self-Assessment:** TELUS Health App Stress Screener (*Private & Confidential*)
 - **Childhood Snack Pairing:** Build-Your-Own Lunchables ("Segmented compartments as a contrast to physical chaos.")
 - **Dani Donovan Anti-Planner Takeaway:** Task Breakdown
- **Week 3: Oct 16 | Gossiping (Trust & Communication)**
 - **Book Target:** *A Children's Book About Gossiping*
 - **Self-Assessment:** Interpersonal Communication Style Inventory
 - **Childhood Snack Pairing:** Teddy Grahams & Go-GURT ("Spill the tea? No, squeeze the yogurt.")
 - **Dani Donovan Anti-Planner Takeaway:** Idea Parking Lot
- **Week 4: Oct 23 | Being Mean (Conflict & Empathy)**
 - **Book Target:** *A Children's Book About Being Mean*
 - **Self-Assessment:** Empathy Response Assessment
 - **Childhood Snack Pairing:** Rice Krispies Treats & Juice Boxes ("Soft, sweet, and sticky—focusing on kindness.")
 - **Dani Donovan Anti-Planner Takeaway:** Stress Action Plan
- **Week 5: Nov 6 | Cheating (Ethics & Academic Integrity)**
 - **Book Target:** *A Children's Book About Cheating*
 - **Self-Assessment:** Digging into your values
 - **Childhood Snack Pairing:** Fruit by the Foot & Capri Sun ("Measuring tape snack—no shortcuts or cutting corners.")
 - **Dani Donovan Anti-Planner Takeaway:** How to Half-Ass it
- **Week 6: Nov 13 | Whining (Self-Advocacy & Locus of Control)**
 - **Book Target:** *A Children's Book About Whining*
 - **Self-Assessment:** 4-Tendencies Assessment & TELUS Health App Mood-Self Check &
 - **Childhood Snack Pairing:** Fruit Roll-Ups & Gushers ("Bursting energy into constructive self-advocacy.")
 - **Dani Donovan Anti-Planner Takeaway:** Ta-Da List & Small Wins