

(c) FY26 One-Time Request: Circle Time with CSE

Circle Time with CSE is one of CSE’s pillar programs supporting student’s mental health and wellbeing. Mental health challenges are increasingly prevalent among UH students, and Circle Time with CSE aims to address these challenges by providing psychoeducation on coping skills, emotional regulation, and overall mental well-being. This monthly 60-minutes psychoeducation workshop is hosted by the Center for Student Empowerment and facilitated by the Care Manager

Circle Time with CSE focuses on providing students with the tools and knowledge to manage common stressors related to college life, including academic pressure, relationships, financial concerns, and personal identity development. Each session covers a specific mental health topic, such as anxiety, depression, self-esteem, and mindfulness, with the goal of enhancing students' resilience and emotional health. The program also fosters a sense of community and support among students. Circle Time with CSE workshop also aligns with the JED Campus strategic planning.

Circle Time with CSE was developed to:

- Equip students with practical mental health coping strategies.
- Reduce the stigma associated with seeking help for mental health concerns.
- Increase students' self-awareness and emotional intelligence.
- Promote a culture of wellbeing on campus.

DSA Strategic Initiative

- Increase Retention of First Time in College (FTIC) students
- Promote increased student credit hours and GPA for FTIC
- Increase the retention rate of Pell-eligible FTIC graduate students.

Food	\$722.00
Venue	\$700.00
Merchandise	\$690.00
Marketing	\$700.00
Sub Total	\$2812.00
6% Administrative Fee	\$393.60
Total Request Amount	\$3205.60