

# HOW NOT TO GO CRAZY IN COLLEGE

A Program with Author Ned Vizzini



**IT'S NO SECRET THAT COLLEGE IS HARD**, but the contemporary, up-to-the-second mix of intense pressure from peers, parents, and academics leaves many students asking how they can cope. Young adults in America are twice as likely as the general population to suffer from depression, bipolar disorder, and generalized anxiety. But it doesn't have to be like that.

Ned Vizzini has been through these pressures. After discovering writing in high school, he quickly became a professional -- publishing his first book at 19 -- but soon after, due to pressure to write another book, he found himself in the last place he expected to be: a psych hospital. Ned ultimately took the story of his time in the hospital and turned it into his award-winning novel *It's Kind of a Funny Story*. (Feature-film adaptation due November 2010 from Focus Features).

With trademark wit and frankness, Ned shares his stories - from his books and his life - to illustrate that every bit of personal anxiety can be an opportunity.

## Ned has three steps for students to make sure that they handle the stresses they face in college:

### 1 Keep your antennae up.

Remember that your job in college isn't to succeed for success' sake: it's to find something that you love to do so you can pursue it as you move forward in life. If you remember that the failures and frustrations of college are a necessary part of discovering who you want to be, you won't be so scared of them.

### 2 Don't sell yourself short.

Ned didn't major in English; he majored in computer science, because he didn't have the confidence, even with his successes at that point, to make it as a writer. It's a decision he regrets. Giving up on what you love will eat at you more than any setback in what you love. Don't do it!

### 3 Stress is not a real threat!

Stress is your body's response to a perceived threat. It developed as a mechanism to help our ancestors escape lifethreatening situations. Ned explains the biology and evolution of stress so that students can put it into perspective and keep it from controlling their lives.

Interested to know more? Be in touch to see why Ned's presentations on mental health and writing have won so much praise from colleges, professional organizations, and libraries. "HOW TO NOT GO CRAZY IN COLLEGE" is THE presentation for students in competitive environments who need fresh perception and humor to maximize their college experience.

**SCHEDULE AN EVENT:** 800.743.9182 | [info@creativewell.com](mailto:info@creativewell.com)

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# WHAT THEY'RE SAYING ABOUT "HOW NOT TO GO CRAZY IN COLLEGE" WITH NED VIZZINI...

"We brought Ned in to address our Freshman Convocation at the start of the academic year. This was following on the heels of his book—*It's Kind of a Funny Story*—being chosen as the Freshman Reading Experience selection for that class. Just as Ned's writing is authentic and full of insight, so was his presentation to an auditorium full of nervous and excited college freshmen. Telling wonderful stories while delicately weaving life's lessons into those is Ned's special gift—and he connected powerfully with our students who had the good fortune to start their journey in higher education with him. Our campus recommends Ned highly!"

Randy J. Dunn, President  
Murray State University (KY)

"Ned Vizzini's message that good things can emerge from dark places is particularly germane to students at ASR. He conveyed this point with humor, zest, and poignancy. Our students strongly connected with his message of hope as it resonates with ASR's belief that we are the authors of our lives."

Dr. Frank Bartolomeo, Executive Director  
The Academy at Swift River (MA)

"After reading *It's Kind of a Funny Story* and the outstanding review of it in the *New York Times*, I had very high expectations of Ned Vizzini when he came to speak to The Friends of The Semel Institute at UCLA. Mr. Vizzini's presentation far and away exceeded my expectations."

Vicky Goodman, Founder and President  
Friends of the Semel Institute for  
Neuroscience and Human Behavior  
University of California, Los Angeles

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## ALSO AVAILABLE

When you bring Ned to your college, you bring someone with over a decade of experience in writing and in speaking. Let him further inspire your student body with his two other programs: "FROM PERSONAL TO PUBLISHED" and "ANGSTPIRATION."

### ANGSTPIRATION

"ANGSTPIRATION" is for future teachers, librarians, guidance counselors, and anyone who anticipates working with children. It shows how to get students to use life's pressures as inspiration. Taking from Ned's experience in the hospital, it explains why the most difficult parts of life can produce the greatest leaps forward in self-actualization, so that teachers can help their students take the worst negatives in their lives and make them positives.

### FROM PERSONAL TO PUBLISHED

"FROM PERSONAL TO PUBLISHED" is for students who want to be professional writers. In a graduate-level workshop environment, Ned gives them real-world skills that they need to succeed and outlines insider information about the publishing business that they will not receive anywhere else.