

COUNSELING Office & ACADEMIC SUCCESS

Center

Spring 2019 WORKSHOP SCHEDULE

Please call (973) 328-5140 for more information

FEBRUARY

College Study Skills/Test Taking Strategies

- * Tuesday, February 5 at 12:30 p.m. in CH 203
- * Monday, February 11 at 5:30 p.m. in CH 203
- * Monday, February 25 at 2:00 p.m. in CH 203

This workshop will offer suggestions and strategies on the best ways to prepare for your classes and exams.

Setting Educational Goals

- * Wednesday, February 13 at 11:00 a.m. in CH 203

This presentation will offer practical tips and strategies to help you create and implement educational goals and help you put steps in place to achieve those goals. Student planning in Titans Direct will also be explored.

Healthy Relationships Support Group

- * Tuesday, February 19 at 12:30 p.m. in CH 160

This support group provides a safe and confidential place to discuss the components of healthy relationships.

Essential Time Management Tips

- * Thursday, February 21 at 12:30 p.m. and 5:30 p.m. in CH 203

This workshop can assist students in gaining a realistic view on managing and prioritizing commitments and time.

Anxiety Support Group

- * Wednesday, February 27 at 11 a.m. in CH 155

This support group provides a safe and confidential place to talk about anxiety by the sharing of stories and coping skills.

MARCH

Stressed Out Workshop

- * Tuesday, March 5 at 12:30 p.m. in CH 203

This workshop will help you learn how to better relate to stress, and help you learn ways to deal with some of the daily struggles that stress can cause.

Match Your Major with Your Personality

- * Thursday, March 7 at 12:30 p.m. in CH 203

Discover your unique personality type, and learn you how to apply this information in making more meaningful educational, career, and personal choices.

Healthy Relationships Support Group cont.

- * Tuesday, March 19 at 12:30 p.m. in CH 160

Essential Time Management Tips

- * Wednesday March 20 at 2:00 p.m.

This workshop can assist students in gaining a realistic view on managing and prioritizing commitments and time.

Anxiety Support Group cont.

- * Wednesday, March 27 at 11 a.m. in CH 155

APRIL

Sexual Assault Awareness Month: Activities

For more detailed information on these activities, please go to <http://www.ccm.edu/studentLife/CampusServices/CounselingServices>

Setting Educational Goals

- * Thursday April 11 at 12:30 p.m. in CH 203

This presentation will offer practical tips and strategies to help you create and implement educational goals and help you put steps into place to achieve those goals. Student planning in Titans Direct will also be explored.

Healthy Relationships Support Group cont.

- * Tuesday, April 16 at 12:30 p.m. in CH 160

Anxiety Support Group cont.