



Fall 2019
FREE 1 HOUR WORKSHOPS
CONDUCTED BY
THE COUNSELING SERVICES CENTER, ROOM NAMM 108



Students can register in Namm 108 or call (718) 260-5030 to attend these workshops. Seating is limited.

Tips & Tricks to Getting A's

Learn specific study skills to enhance memory, comprehension, and test performance. Create a study space to improve learning. Find out how to retrieve important class and lecture material by developing note-taking skills.

Wednesday 10/2 @ 11:00AM
Thursday 10/3 @ 12:00 PM
Monday 10/7 @ 5:30 PM
Wednesday 10/16 @ 5:30 PM

New Student Help

Freshmen can sometimes feel lost and unsure about college. This workshop will identify the skills and information you need to do well at City Tech.

Thursday 9/5 @ 1:00 PM
Wednesday 9/11 @ 10:30 AM
Monday 9/16 @ 5:30 PM

Finding Time To Get Things Done

Learn time management techniques needed to balance an active college life and personal responsibilities. Discover new ways to make the best and most productive use of your time.

Tuesday 10/22 @ 10:30 AM
Wednesday 10/23 @ 5:30 PM
Thursday 10/24 @ 12:00 PM

Controlling Your Nerves During Exams

Reducing stress before an exam can enhance performance. Learn to identify the signs of test anxiety and its causes. You'll also be shown how to use techniques to reduce everyday stress and anxiety.

Thursday 10/10 @ 2:00PM
Tuesday 10/15 @ 10:30AM
Thursday 10/17 @ 12:00 PM
Monday 12/2 @ 12:00 PM
Wednesday 12/11 @ 1:00 PM

Knowing City Tech

Understand college regulations, policies, procedures, resources, and academic support programs for student success. Review common college problems and experience.

Wednesday 9/11 @ 5:30 PM
Thursday 9/19 @ 11:00 AM

Career Decision Making

What do you like? What is important to you? Money? Personal Freedom? Giving back? Come to this workshop and learn the right way to make the choice that will affect the rest of your life.

Thursday 10/3 @ 5:30 PM
Wednesday 10/23 @ 12:00PM

City Tech and Dealing with All These Different People

Racism, class, gender, sexual orientation, disability, religion- there are so many ways we are defined. Can we all live together in such a small place?

Thursday 9/12 @ 12:00 PM

I'm Just Not a Math Person

Math produces anxiety for more students than any other subject because of incorrect myths and counterproductive attitudes. This thinking causes poor exam performance and a reluctance to enter math related careers. This workshop will help you reduce your anxiety and misconceptions about math.

Monday 11/11 @ 11:00 AM
Thursday 11/14 @ 12:00 PM

Helping Yourself and Others Deal with Sadness, Loss, and Depression

Life can get stressful and overwhelming for everyone at times. This makes dealing with school, work, friendships and family even more difficult. Learn to identify when you or a loved one is feeling depressed or has thoughts of harm, and what you might do to handle these feelings in yourself or another person.

Tuesday 12/3 @ 10:30 AM
Thursday 12/5 @ 12:00 PM

Identify Your Learning Style and Do Great in College

Identify your learning style and broaden the study skills that work for you. Assess how teaching styles impact individual learning during this informative workshop.

Monday 10/7 @ 1:00 PM

Getting Motivated to Study

This workshop teaches skills to counter the expectations of failure. You'll learn about the relationship between thoughts, feelings and behaviors; uncover the underlying beliefs that fuel negative thoughts; and practice constructive alternatives to increase hopefulness and motivation.

Monday 9/23 @ 5:30 PM

Drugs and Alcohol Abuse

Whether you're using or someone close to you is, everyone is affected by substance abuse. Come to this workshop to get the help that is needed.

Tuesday 11/12 @ 1:00 PM
Thursday 11/14 @ 5:30 PM

Managing Anger

Losing control of your anger can interfere with almost everything in life. Attend this workshop to understand more about this important skill and how to manage.

Tuesday 11/5 @ 1:00 PM
Monday 11/18 @ 5:30 PM

Help for Students on Academic Probation or Alert

This workshop will explore the many possibilities for success in college, even if your grades have fallen.

Wednesday 9/25 @ 2:00 PM
Thursday 9/26 @ 5:30 PM
Tuesday 10/22 @ 1:00 PM
Monday 10/28 @ 5:30 PM

Relationships 101

Intimate relationships can be wonderful and disastrous at the same time. Attend this session and learn simple communications skills to enhance any relationship.

Thursday 11/21 @ 5:30 PM
Wednesday 12/4 @ 1:00 PM

Financial Literacy

College Students must learn to manage their spending so that they have funds for housing, tuition, books, metro cards, meals, emergencies etc. How is this possible when work hours may be limited and salaries low? In this workshop participants will learn strategies for spending so that you have enough to succeed in college.

Tuesday 11/19 @ 12:00 PM

Gay, Lesbian, Bisexual, Transgender or Questioning

Open discussion group on various topics related to coming out, dating, dealing with prejudice and other matters that affect our lives and education. Note: This group is open to those students identifying as GLBTQ.

Mondays @ 3:00 PM

Meditation

Learn simple techniques to manage the stress of college and everyday life through meditation

Thursdays @ 4:00PM

Re-Admit Work Shop

Coming back to college after being academically dismissed can be challenging. Personal responsibility, emotional intelligence, adopting a "lifelong learning" priority, positive attitude towards education and personal experiences are factors that lead to a successful education.

Thursdays @ 1:00 PM

The mission of the Counseling Services Center is to support and promote the educational, psychological and career development of students. The Counseling Services Center provides individual counseling services that address personal concerns, crisis *intervention*, educational planning and referral services to assist students in achieving their academic goals. Student privacy is respected and our services are free of charge to all students. By faculty request, all workshops can be made available to individual classes.

Counseling Services Center Location:

300 Jay Street, Namm Hall 108
Brooklyn, NY 11201
(718) 260-5030

Web Site: <http://www.citytech.cuny.edu/students/counseling>