



**Fall 2020**  
**1 Hour Online ZOOM**  
**WORKSHOPS**



**THE COUNSELING SERVICES CENTER**

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

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*Students should email [Counseling@citytech.cuny.edu](mailto:Counseling@citytech.cuny.edu) to preregister and receive the Zoom login.*

**Tips & Tricks to Getting A's**

Learn how to adjust study skills to enhance comprehension and test performance while taking courses on-line. Learn to make adaptations to time management, communication with professors and accessing the college's resources to get better grades.

Monday 10/5 @ 11:00AM  
Tuesday 10/6 @ 12:00 PM  
Thursday 10/12 @ 5:30 PM

**Getting Things Done Online On Time**

Learn time management techniques needed to balance online learning and personal responsibilities.

Monday 10/26 @11:00AM  
Tuesday 10/27 @ 5:30 PM

**Overcoming Test Anxiety in a Time of Pandemic**

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 of uncertainty.

Tuesday 10/13 @ 10:30AM  
Thursday 10/15 @ 2:30 PM  
Monday 12/7 @ 12:00 PM  
Wednesday 12/9 @ 5:30 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.

Wednesday 10/7 @ 2:00 PM  
Wednesday 10/14 @ 5:30 PM

**New Student Help: Managing College Online**

Freshmen students can feel lost and unsure about college. This workshop will identify ways to navigate college online through City Tech's website and online resources.

Wednesday 9/9@12:00PM  
Thursday 9/17@ 5:30PM

**Knowing City Tech**

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

Monday 10/19 @ 2:30

**Career Decision Making**

Have your career goals shifted as a result of a changing world? Have you chosen a major? Are you confused about your current choice? The workshop will speak to the various careers associated with the diverse academic offerings at the college and provide specific information on career trends and forecasts.

Thursday 10/8 @ 5:30 PM  
Wednesday 10/21 @12:00PM

**City Tech and Dealing with Diversity**

Racism, class, gender, sexual orientation, disability, religion are the many ways we are defined. How can we live and learn together during these difficult times.

Thursday 9/23 @ 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 to improve your online learning experience.

Wednesday 9/30 @ 11:00 AM  
Thursday 10/29 @ 5:30 PM

**It's Depressing!**

We've said it, we've heard it - but do we mean it? Can you distinguish COVID fatigue (missing your people and routines and worrying about the future) from depression (a serious mood disorder that can lead to self-harm if not addressed). Learn how to support your mental wellness during these extraordinary times.

Tuesday 12/8 @ 10:30 AM  
Monday 12/7 @ 5:30 PM

### **Getting Motivated to Study**

Adjusting to the changes of remote learning can heighten doubts and can compromise motivation. 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.

Wednesday 9/16 @ 10:30AM

Wednesday 9/23 @ 2:30PM

### **Drugs and Alcohol Abuse**

Substances are easily accessible and fast acting in numbing psychosocial stress. When NY went on statewide lock down liquor stores were classified as essential services. Not surprisingly a surge in addictive behaviors has been reported. Learn how the brain moves from use toward addiction and how to interrupt this cycle.

Tuesday 11/10 @ 1:00 PM

Thursday 11/12 @ 11:00 AM

### **Managing Anger**

Understanding how to listen to your anger for information about your needs and boundaries is a high order emotional skill. It is especially relevant as COVID subjects us to a greater than usual amount of rage, anger, guilt and helplessness without the usual supports. Attend this workshop to understand more about the important skill of managing anger.

Monday 11/9 @ 1:00 PM

Monday 11/16 @ 5:30 PM

### **Financial Literacy in Uncertain Times**

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 to use your money effectively during uncertain times.

Tuesday 11/17 @ 2:30 PM

### **Help for Students on Academic Probation or Alert**

This workshop will clarify the college's requirements for satisfactory progress and explore the college's resources to help students improve grades and meet the college's academic standard.

Wednesday 9/23 @ 2:00 PM

Tuesday 10/20 @ 10:00AM

Monday 11/2 @ 5:30 PM

### **LGBTQ+ Group Talk Drop-In**

Weekly forum for LGBTQ+ students to meet one another, discuss topics related to gender and sexuality, and offer mutual support.

Mondays at 4PM

### **Straight Up Talk About Racism**

A group that seeks to speak the truth about historical and present-day RACISM in all it's form and it's detrimental impact on our Country, State, City and Community. The group will develop coping mechanisms as well as introduce a Call to Singular and Collective actions to improve the educational, psychological, social and economical state of it's members. The book, "CASTE" by Isabel Wilkerson and the life of Rep. John Lewis will be the guiding forces of this group.

Tuesdays at 1PM

### **Weekly Meditation Group**

Our lives can be difficult to manage during these times. Learn simply meditation practices to improve focus, reduce stress and moving forward toward your goals.

Wednesdays at 3:30

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*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>