

ASSISTANCE AND WORKSHOPS

MARCH 1 — 5

Choose, join, or sign up for any of these PLAN Week events.

Financial Aid Virtual Services via Zoom

Our staff will be available to answer your financial aid concerns.

Monday: 10:00 AM — 12:00 PM | **Wednesday:** 3:30 PM — 5:30 PM
Tuesday: 2:00 PM — 4:00 PM | **Thursday:** 1:00 PM — 3:00 PM

Please join Financial Aid using the link below or manually enter the 10-digit meeting number.

Meeting ID: 7182605700 | [ZOOM LINK HERE](#)

Note: You must have both video/audio turned on with a photo identification available.

Improving Your Study Skills Workshop

This self-paced, virtual and interactive workshop will help you develop skills and habits for improved college success.

<https://studentsuccesscitytech.org/improving-your-study-skills/>

Ask a Mentor: Peer Mentor Office Hours:

Office Hours are your chance to speak directly with an experienced upper-level City Tech student. No appointment necessary— just sign into the Zoom via the links below.

Wednesday: 5:00 PM — 6:00 PM | **Thursday:** 1:00 PM — 2:00 PM

Meeting ID: 85437415840 | [ZOOM LINK HERE](#)

- Counseling Workshops -

It's Depressing!

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.

Monday: 1PM and 5:30PM

Drugs and Alcohol Abuse

Not surprisingly a surge in addictive behaviors has been reported during covid times because substances are easily accessible and fast acting in numbing psychosocial stress. Learn how the brain can move from use toward addiction and how to interrupt this cycle.

Thursday: 1PM and 5:30PM

Students should email Counseling@citytech.cuny.edu to preregister and receive the Zoom login.

PLAN WEEK 2021



NEW YORK CITY
COLLEGE OF TECHNOLOGY

WHERE CAN TECHNOLOGY TAKE YOU?



The City
University
of
New York