



FALL 2014
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 in Your Classes

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 10/15@ 5:30PM
Thursday 10/16@ 1:00PM
Monday 10/20@ 10:30AM

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.

Monday 10/20@ 5:30PM
Tuesday 10/21@ 1:00PM
Wednesday 10/22@ 10:30AM
Thursday 10/23@ 1:00PM

Finding the Time to Get Things Done on Time

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 10/28@ 10:30AM
Wednesday 10/29@ 5:30PM
Thursday 10/30 @ 1:00PM

Have the Right Information: About City Tech

Understand college regulations, policies, procedures, resources, and academic support programs for student success. Review common college problems and experiences. Learn specific functions and locations of academic and administrative offices. Summarize procedures and deadlines associated with specific college activities.

Monday 11/3 @ 5:30PM
Thursday 11/6 @ 1:00PM

Control 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.

Tuesday 11/4@ 10:30AM
Wednesday 11/5@ 5:30PM
Wednesday 11/12@ 10:30AM
Thursday 11/13@ 1:00PM

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.

Tuesday 11/11@ 10:30AM
Wednesday 11/19@5:30PM
Thursday 11/20 @ 1:00PM

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?

Tuesday 11/18 @ 1:00PM

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.

Tuesday 12/2 @ 11:00 AM
Thursday 12/4 @ 5:30PM
Thursday 12/11 @ 1:00PM

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 12/9 @ 10:30AM
Thursday 12/18 @ 1:00PM

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 11/24 @ 1:00PM
Tuesday 11/25 @ 10:30AM

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 10/27@5:30PM
Tuesday 11/11@ 1:00PM

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 11/18@ 10:30AM
Thurs 11/20 @ 5:30PM

What's Next? Graduate School

Learn what it takes to become a graduate student. Receive step by step guidance for finding the program that fits your needs.

Tuesday 10/14@ 1:00PM

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.

Monday 12/8 @ 5:30PM
Wednesday 12/10 @ 1:00PM

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.

Tuesday 10/14@ 3:00PM
Thursday 10/16 @ 5:30PM
Tuesday 10/21 @ 10:30AM
Wednesday 10/22@ 1:00PM

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.

Wednesday 12/17 @ 1:00PM
Thurs 12/18 @ 5:30PM

Financial Literacy: Making Money Last

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. We will also explore the benefits and demands of managing a student loan.

Wednesday 11/12@ 3:00PM
Wednesday 11/19@ 10:30AM
Wednesday 11/26@ 1:00PM

Groups Talk

The Counseling Center also offers group talks for students to discuss topics of interest and meet other students with similar concerns.

Veterans of Military Service

Boots to Books

Tuesdays at 1pm in Room N420A

Gay, Lesbian, Bisexual, Transgender or Questioning (GLBTQ)

Wednesday @ 1:00PM

Counselors in the Hall

Once a week counselors will be in the halls of City Tech. We will be reaching out to students, answer questions about our services and just talk. Look for our table and stop by.

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>