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Find Support at the Counseling Services Center

- **Objectives**
- Learn how counseling services can support your goals
- Familiarize yourself with counseling programs and resources
- Recognize internal and external challenges to learning
- Understand how anxiety affects motivation

<http://www.citytech.cuny.edu/counseling/>

Do you know why you are here?



<https://www.youtube.com/watch?v=qedAzTA8nY8>

How is being a college student related to your personal and career goals?

What sacrifices are you willing to make to reach your goals?

Can you stay motivated when the going gets tough?



Do you get discouraged easily?

Do you get depressed when facing challenges?

Do you fail more than you think you should?

Do you give up before you get started?

[Counseling Center Fall 2022 Events Calendar Workshops \(cuny.edu\)](https://www.cuny.edu/counseling-center/fall-2022-events-calendar-workshops/)



What makes you
anxious as a college
student?

(if it doesn't go well...)

- Threats to your own self-image
- Loss of the esteem of others
- Danger of future insecurity
- Demands to produce/deliver

Reduce stress by increasing test taking confidence



Recognize the physical, emotional, cognitive and behavioral symptoms of stress

Regulate the physical reactions to stress

Recognize pessimistic thinking as a defense and dispute it

Take charge of your goals by being proactive and planning ahead

Prepare thoroughly by setting realistic expectations, prioritizing, pacing and problem solving

Take care of your health and notice symptoms early

Include support, relaxation and laughter in your routine

[2022 Managing Student Stress Brochure \(cuny.edu\)](#)

Calming Breath: slow down your exhaling to quiet your nervous system

Prepare:

- Sit with a straight spine, but not rigid.
- Feel your head resting comfortably on your neck.



Relax:

- Take a slow breath in through your nose with your mouth closed.
- Notice your stomach gently expanding.
- Exhale even more slowly through your mouth.
- Pause for a beat before taking the next in-breath, flaring your nostrils as you feel the cool air coming in.
- Lengthen your next exhalation, noticing that now the breath leaving your mouth is warm.
- Practice 10 breaths 4 times each day – or take one or two breaths anytime you need calm.

Additional strategies for maintaining motivation:



- Look for the silver lining
- Use positive self talk
- Visualize the rewards that await you
- Use support services
- Surround yourself with others who are motivated

Additional On-Campus, and On-line and Immediate Resources



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