

Fall 2017 Counseling Seminars

Spring Creek Campus

The Art of Coping

Noon - 1 p.m., Wednesday, Sept. 6, Rm. J133

Learn creative ways to cope with anxiety and emotions.

Help! I need more Time

Noon - 1 p.m., Wednesday, Sept. 20, Rm. J133

Develop time management awareness and reduce stress in and out of the classroom.

Let Go & Let Be

Noon - 1 p.m., Wednesday, Oct. 4, Rm. J133

A discussion about the benefits of being more present and aware.

Grit (It's a good thing)

5:30 - 6:30 p.m., Monday, Oct. 16, Rm. D103

Grit is a personality trait we all have but may not know how to use.

Love on the Rocks

Noon - 1 p.m., Wednesday, Nov. 8, Rm. J133

Explore the pros and cons of drug and alcohol use in relationships.

Creating Meaning vs. Chasing Feelings

Noon - 1 p.m., Tuesday, Nov. 28, Rm. J133

Discover the benefit of committing to living a life according to your chosen values.

Anxious to Pass

Noon - 1 p.m., Tuesday, Dec. 5, Rm. J133

Learn strategies to manage your test anxiety.

Central Park Campus

Tackle Time Management: The Smart Way

1 - 2 p.m., Tuesday, Sept. 12, Rm. A104

Learn how to prioritize and schedule.

Study Smarter, Not Harder: Strategies for success

1 - 2 p.m., Wednesday, Oct. 11, Rm. A104

Find success through active reading, taking notes and participating in class.

Decision Making: Chocolate or Strawberry? Arts or Science?

1 - 2 p.m., Thursday, Nov. 9, Rm. A104

Learn strategies for decision making.

Anxiety, Exams, Papers. Oh, My!

1 - 2 p.m., Tuesday, Dec. 5, Rm. A104

Breaking the worry cycle through planning and preparation.

Preston Ridge Campus

Improve your Study Skills

Noon - 1 p.m. Thursday, Sept. 14, Lawler Hall 148

Learn more effective strategies to increase your academic motivation and performance.

Where Did the Day Go?

Noon - 1 p.m., Thursday, Sept. 28, Lawler Hall 148

Learn how to accomplish more and meet your obligations with less stress and worry.

Coping with Emotions

Noon - 1 p.m., Wednesday, Oct. 11, Lawler Hall 147

Learn how coping with your emotions can help you handle frustrations, get along with other people and achieve higher academic success.

Transitions: Maneuvering Life's Ups and Downs

Noon - 1 p.m., Wednesday, Oct. 25, Lawler Hall 147

Life brings many transitions. Learn ways to move along your life's path.

Communication: Can we Talk?

Noon - 1 p.m., Tuesday, Oct. 31, Lawler Hall 148

Learn how to communicate effectively to foster positive relationships.

Assertiveness Skills: Unlock Your Confidence!

Noon - 1 p.m., Thursday, Nov. 2, Lawler Hall 148

Learn effective assertive communication and keep your cool when situations get tense.

Managing Stress

Noon - 1 p.m., Wednesday, Nov. 29, Lawler Hall 147

Explore types of stress, causes and effective stress management skills.

Please contact ACCESS for accommodations at least 5 days prior to the event.

For more information

email personalcounseling@collin.edu, visit

<http://www.collin.edu/studentresources/counseling/>

or call 972.881.5126



**Counseling
Services**