

Spring 2020 Counseling Seminars

Plano Campus

Mental Makeover

Tuesday, Jan. 28, 12:30—1:30 p.m., D225

Discover the connection between your attitude and happiness.

Success Skills: Time Management

Monday, Feb. 3, 3 - 4 p.m., D225

Develop time management awareness and take steps to reduce your stress.

Cope More: Stress Less

Thursday, Feb. 13, 9:30 - 10:30 a.m., D225

Learn creative ways to cope with anxiety and stress.

Boundaries 101

Monday, Feb. 24, 1 - 2 p.m., D225

How setting boundaries make us better.

KNOW NOW: Party or Problem

Wednesday, March 4, 11 a.m.—12 p.m., D225

Differentiating between “social” and problematic use.

Culture Shock (for International Students)

Tuesday, Feb. 25, 3 - 4 p.m., D225

Friday, March 6, 3 - 4 p.m., D225

Meet other international students, and find out how to cope with change.

Anger Management

Thursday, March 19, 2 - 3 p.m., D225

A discussion about coping with difficult thoughts and emotions.

Success Skills: Procrastination

Tuesday, March 24, 11:30 - 12:30 p.m., D225

Learn the “What”, “Why” and “How” of this prevalent issue.

The Relate in Relationships

Monday, April 6, 5:30 - 6:30 p.m., D225

How we communicate is the key to successful relationships.

Success Skills: Goal Setting

Thursday, April 16, 4 - 5 p.m., D225

The benefit of setting “smart” goals for success.

Self-Care Isn't Selfish

Tuesday, April 28, 10 - 11 a.m., D225

Find out why self-care is essential for your health.

Success Skills: Test Anxiety Management

Thursday, May 7, 3 - 4 p.m., D225

Relaxation & focus as a path toward passing your exams.

Frisco Campus

Relationship ABC's

Monday, Feb. 3, Noon - 1 p.m., J121

Learn tools that develop healthy relationships.

Memory Tricks and Study Tips *(in collaboration with Professor Haley Harris)*

Tuesday, Feb. 4 & Tuesday, April 14, 5:30 - 7 p.m., J122

Thursday, March 19, 8:30 - 10 a.m., J119

Learn memory hacks and helpful tips for studying better.

Boundaries 101

Wednesday, Feb. 19, Noon - 1 p.m., J121

How setting boundaries makes us better.

KNOW NOW: Party or Problem?

Wednesday, March 4, 1 - 2 p.m., J121

Differentiating between “social” and problematic use.

Fighting Perfectionism

Wednesday, March 18, Noon - 1 p.m., J121

Learn tips and tools to accept your mistakes.

Self-Motivation

Wednesday, April 15, Noon - 1 p.m., J121

Learn strategies to keep your head in the game and finish strong.

Self-Compassion

Thursday, May 7, Noon - 1 p.m., J120

Learn how to be kind to yourself and not feel guilty about it.

McKinney Campus

Communication Skills

Wednesday, Feb. 12, 1 - 2 p.m., A104

Keep your cool, and communicate well in tense situations.

Boundaries 101

Wednesday, April 8, 1 - 2 p.m., A104

How setting boundaries makes us better.

Test Anxiety

Wednesday, May 6, 1 - 2 p.m., A104

Breaking the worry cycle through planning and preparation.

Courtyard Center

Time Management

Thursday, March 5, 1 - 2 p.m., Rm. 120

Develop time management awareness and take steps to reduce your stress.

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

For more information go to:

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



**Counseling
Services**