



## SUMMER 2017

### ADULTING:

## Skills for Emotional Wellness

### Spring Creek Campus

Becoming an “adult” isn’t easy. This summer is your perfect opportunity to learn about emotional skills needed to be successful and to cope with the demands of the adult world.

#### **Responsibility: Why is it so hard to be an Adult?**

**12:15-1:15 p.m., Tuesday, June 13, D103**

A discussion on willpower.

#### **Time Management. How well do you budget?**

**12:15 - 1:15 p.m., Wednesday, June 21, D103**

Just like money, time needs to be budgeted.

#### **Social Use or Self-Medicating?**

**12:15 - 1:15 p.m., Thursday, June 29, D103**

Many adults choose to use alcohol or other substances socially or recreationally. How much is o.k., how much is too much and where is the tipping point?

#### **The Relate in Relationships**

**12:15 - 1:15 p.m., Wednesday, July 12, D103**

We all communicate, but how we communicate is the key to successful relationships.

#### **Mold a Career that’s Right for Me.**

**12:15 - 1:15 p.m., Thursday, July 20, D103**

A fun filled workshop on self-discovery and finding a career that best suits you.

#### **Emotional Strength**

**12:15 - 1:15 p.m., Tuesday, July 25, D103**

A discussion about coping with difficult thoughts and emotions with mindful awareness.

#### **Coping Strategies: Help for Anxiety**

**12:15 - 1:15 p.m., Wednesday, August 2, D103**

Learn relaxation techniques and coping skills to help you manage even in the most anxious times.

For more information contact 972.881.5126



**Counseling  
Services**



# Counseling Services

**Summer 2017**

**PERSONAL ENRICHMENT  
SEMINARS  
PRC Campus**



**Time Management/Study Strategies**

12:15-1:15 p.m., Wednesday, July 12

**Founders 141**

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

**Communication Skills: Can We Talk?**

12:15-1:15 p.m., Tuesday, July 25

**Founders 141**

Learn how to communicate effectively to foster positive relationships.

**Stress/Anxiety Management**

12:15-1:15 p.m., Thursday, Aug. 3

**Founders 141**

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

For more information email [personalcounseling@collin.edu](mailto:personalcounseling@collin.edu),  
visit [www.collin.edu/studentresources/counseling](http://www.collin.edu/studentresources/counseling)  
or call 972.377.1781.