Counseling and Career Services News

"Managing Your Stress"

"Increase Confidence"
Tuesday, April 8

"Cope with your Emotions"
Wed., March 19

Keep Calm and Call a Counselor
PRC 972.377.1781
SCC 972.881.5781
For more information contact Career Services at career@collin.edu or
reer, changing careers, and deciding which college to transfer to.

The online career assessments help students in choosing a major, planning for their first ca-

MyPlan

Experience

Interview Stream is an innovative learning tool students can use to enhance job interviewing

Interview Stream

March 25

March 6

Workshops at Preston Ridge campus include:

Career Services is offering four workshops targeted to pre-

work and with understanding they can make informed choic-

Selecting a career path means knowing oneself, ones values,

personality, interest, and abilities.  Collin College's Counsel-

Many workshops include helpful guest speakers who vol-

unteer and life experiences"

"Is this the Right Career for Me?"

"Getting the Most from a Career

"Making the Most of a Career Fair"

March 6

Wednesday, March 26, 2014

For information: Contact Elaine Stewart, Coordinator Job

Sponsored by Counseling/Career Services/Student Employment

helping students make a transition from education to employment.

Interview Stream

Central Park Campus Conference Center

How Healthy is Your Relationship?

- obsessions
- compulsive Disorder
- Anxiety Disorders
- Depression

- Alleviate gastronintestinal difficulties

- Helps relieve stress

- Form deep connections with others.

- Are less likely to get caught up in worries about the future or regrets over the past, are

- Understanding Mindfulness

- It's a busy world.  You plan your day while listening to the radio and commuting to work, and

- Understanding Mindfulness

- Some benefits of Mindfulness are:

- Mindfulness is the practice of purposely focusing your attention on the present moment

- Mindfulness is now being examined scientifically and

- Helping you become more fully present

- Improves Mental Health

- Improves Well Being

- Changes in the brain and increased thickness have been found to be a key element in happiness.

- Improves concentration

- Reduces stress

- Increases self-awareness

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