



SPRING 2024

Join the Counseling Center team for **Staying on Track** – weekly workshops offering new skills, structure and camaraderie with other students – **Thursdays at 1:00 PM** – **register for one or all of the events** – free to all City Tech students! These sessions will be held on ZOOM but can also be viewed in person at our center in Namm Hall 108. Join us in person or virtually. It’s your choice!

Date	Events
2/1/2024	<p>Navigating College Life: Essential Guide for Incoming City Tech Students</p> <p>Embark on an exciting college journey at City Tech, where all your questions will be answered, and you'll gain invaluable insights into the vibrant world of college life. Click here to register</p>
2/8/2024	<p>Achieving Top Grades: Strategies for Academic Success</p> <p>Join our workshop to unlock new techniques for improved reading comprehension, note-taking, exam preparation, and discover valuable campus support services for a seamless academic journey. Click here to register.</p>
2/15/2024	<p>Mastering Time: Strategies for Prioritizing Productivity</p> <p>Boost your productivity and conquer your schedule at our workshop on efficient time management. Learn vital strategies to align your priorities, ensuring ample time for active learning and accomplishing tasks, and thrive academically! Click here to register</p>
2/22/2024	<p>Plan for the Future: Next Semester and Career Alignment</p> <p>Gear up for success! Join our workshop to plan for the next semester while aligning with your career goals, exploring strategies for selecting the right major, and gaining valuable insights for a future-proof academic journey. Click here to register</p>
2/29/2024	<p>Conquer Exam Anxiety: Thriving Amidst Midterm Challenges</p> <p>Feeling the pressure as midterms approach? Join our workshop tailored to help students overcome exam anxiety and learn effective strategies to manage stress and anxiety, ensuring you stay focused and motivated. Click here to register</p>
3/7/2024	<p>Motivate for Midterms: Believe, Achieve, Succeed!</p> <p>Join us in maximizing your success during midterms and beyond. Discover how to overcome self-doubt, learn how beliefs impact your behavior, and gain practical strategies to boost hopefulness and motivation. Click here to register</p>
3/14/2024	<p>Mindful Mastery: Empowering College Students Through Meditation</p> <p>Navigating through the challenges of academic life can sometimes feel overwhelming. Discover how meditation can help you reduce stress, enhance focus and concentration, improve overall well-being, and create a sense of inner balance. Click here to register</p>

3/21/2024	<p>Mid-Semester Check-In: Share, Connect, and Thrive Together!</p> <p>Congratulations on reaching the halfway mark of the semester! Join us for an open and supportive discussion where you can seek guidance from our counseling staff and connect with fellow students who can provide valuable support. Click here to register</p>
3/28/2024	<p>Embracing Diversity: Empowering Unity at City Tech</p> <p>City Tech stands firm in its commitment to cultivating a culture of equity, diversity, and inclusion. Join us as we delve into the challenges that arise from differences in race, class, gender, sexual orientation, and ableness. Click here to register</p>
4/4/2024	<p>Enhancing Relationships: Mastering Communication Skills</p> <p>Seeking ways to manage your relationships more effectively? Gain valuable skills to navigate conversations and foster meaningful relationships. Elevate your interpersonal abilities and build stronger connections today. Click here register</p>
4/11/2024	<p>Making Informed Choices: Addressing Substance Use in College</p> <p>Gain valuable insights and practical strategies to navigate the complexities of substance use. Empower yourself to make informed decisions and cultivate a healthy and fulfilling college experience. Click here register</p>
4/18/2024	<p>Mental Health Matters: Nurturing Wellbeing in College</p> <p>Pause and prioritize your mental wellbeing as a college student. Explore the factors that may affect your ability to recharge and feel revitalized. Discover available resources and supports to foster a positive and balanced mental health journey. Click here to register</p>
5/2/2024	<p>Mastering Mindful Studying: Cultivating Inner Peace for Finals</p> <p>As finals approach, it's time to create a peaceful mind for focused studying. Join us to discover simple techniques that will quiet your mind, refresh your skills, and renew your commitment to effectively managing stress during this critical period. Click here to register</p>
5/9/2024	<p>Ignite Your Motivation: Sustaining Drive Through Finals</p> <p>Join us for an insightful session where we'll reflect on motivation techniques, refine our approaches, and review what has worked for you in the past and identify areas where you may need further support. Click here to register</p>

Please register with your City Tech email. Anyone registering with a non-City Tech account will be removed and asked to reregister.

*The mission of the Counseling Services Center is to support the educational, emotional and career development of City Tech students by providing opportunities for skill development, counseling and referrals that address obstacles to success. **The Counseling Services Center** provides individual counseling services that address personal concerns, crisis intervention, educational planning, and referral services to assist students in achieving their academic goals. Student privacy is respected, and our services are free of charge to all students. By faculty request, all workshops can be made available to individual classes.*

Counseling Services Center Location (Appointments Preferred):

300 Jay Street, Namm Hall 108
 Brooklyn, NY 11201 (718) 260-5030
 Web Site: <http://www.citytech.cuny.edu/counseling>