



## Spring 2022

Join the Counseling Center team for **Staying on Track** – weekly group talks 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! <https://www.citytech.cuny.edu/counseling/>

Date	Events
2/3/22	<p><b>"Now That You're in College..."</b></p> <p>It's exciting to start college and it can also be confusing. We'll review some "how, when and where" questions, such as: how do I get an ID, where do I go for tutoring, when will my financial aid refund arrive? We'll also talk about what you can expect in your first weeks as a college student, emphasizing what might be the same or different from high school (such as what is a syllabus, who is the bursar, what are important deadlines). <a href="#">Click here</a> to register.</p>
2/10/22	<p><b>A Roadmap to Getting Good Grades</b></p> <p>Learn active strategies to improve reading for comprehension, taking notes, preparing for various types of exams, locating support services and benefiting from study groups. <a href="#">Click here</a> to register.</p>
2/17/22	<p><b>Finding the Time</b></p> <p>Now that you know what a syllabus is and you understand what active learning requires, how will you get it all done in time? Learn strategies for using time efficiently to reflect your priorities. <a href="#">Click here</a> to register.</p>
2/24/22	<p><b>Thinking Ahead</b></p> <p>Advisement for Fall '22 begins next week – are you ready? Are you in a major that suits your interests, strengths and career goals? Do you know how to plan for next semester? We'll talk about the specifics for next semester as well as how this relates to your career path. <a href="#">Click here</a> to register.</p>
3/3/22	<p><b>Are You Getting Anxious?</b></p> <p>Midterms are approaching and maybe the workload is beginning to increase. It's normal to feel some stress building up and it might even keep you focused, but too much stress will wear you down. <b>Learn how to manage stress and anxiety related to your new challenges.</b> <a href="#">Click here</a> to register.</p>

3/10/22	<p><b>Getting Motivated to Study for Midterms</b></p> <p>You need to believe that your goals are achievable to stay motivated. We'll look at the beliefs that create doubt, learn about the how these affect your behavior and practice constructive ways to increase hopefulness and motivation. <a href="#">Click here</a> to register.</p>
3/17/22	<p><b>Introduction to Meditation - How to Worry Less and Enjoy Life More</b></p> <p>You've been learning new skills and doing your best and worrying won't make it better. Learn simple techniques to help you quiet your mind and feel the ease in the moment. <a href="#">Click here</a> to register.</p>
3/24/22	<p><b>How's it Going?</b></p> <p>Congratulations, you're halfway through the semester! An open discussion about how college is going so far. Ask your questions and get support from counseling staff and other students. <a href="#">Click here</a> to register.</p>
3/31/22	<p><b>Diversity at City Tech</b></p> <p>City Tech is committed to equity, diversity and inclusion. What does this mean, how does it challenge us, where do we need help, what don't we notice? This hour we'll discuss race, class, gender, sexual orientation, ableness, and take up the challenge of living well together. <a href="#">Click here</a> to register.</p>
4/7/22	<p><b>Better Relationships</b></p> <p>Having a difficult time managing your relationships? Attend this session and learn simple communication skills to enhance any relationship. <a href="#">Click here</a> to register.</p>
4/14/22	<p><b>Drugs and Alcohol Abuse</b></p> <p>Substances are easily accessible and fast acting in numbing psychosocial stress. Since the pandemic there has been an increase in addictive behaviors. Learn how the brain moves from use to addiction, and how to interrupt this cycle. <a href="#">Click here</a> to register.</p>
4/21/22	<p><b>Spring Break – see you next week!</b></p>
4/28/22	<p><b>Mental Wellness Check-In</b></p> <p>Getting a break should leave you feeling restored and energized. If not, do you know what's getting in the way? Can you distinguish feeling down from depression – a serious mood disorder? Learn more about mental health and available supports. <a href="#">Click here</a> to register</p>
5/5/22	<p><b>How's your motivation holding up?</b></p> <p>Review the ideas from 3/10 and look at what's worked and what you still need help with to keep motivated when things get tough. <a href="#">Click here</a> to register</p>

5/12/22	<p><b>Creating a peaceful mind for studying</b>          Finals are upon us. This workshop repeats the stress reduction activities from 3/3. Come to refresh your skills, get support and renew your commitment to managing stress.  <a href="#">Click here</a> to register</p>
5/19/22	<p>– <b>Finals Week Meditation</b> –          Experience how taking time for meditation can support a clear mind for peak performance.  <a href="#">Click here</a> 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.

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*The mission of the Counseling Services Center is to support and promote the educational, psychological and career development of students. 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: <https://www.citytech.cuny.edu/counseling/>