



FALL 2009
FREE 1 HOUR WORKSHOPS
CONDUCTED BY

THE COUNSELING SERVICES CENTER, ROOM NAMM 108

Students can register in Namm 108 or call (718) 260-5030 to attend these workshops. Seating is limited.

Doing Your Best in College: Tips & Tricks to Getting A's in Your Classes
Learn specific study skills to enhance memory, comprehension, and test performance. Create a study space to improve learning. Find out how to retrieve important class and lecture material by developing note-taking skills.

Mon. Sept 21 @ 5:30
Tues. Sept 22 @ 10:30
Thur. Sept 24 @ 1:00

How to Choose the Right Courses for My Major
The best place to find out what courses you need in your major is through your academic department. But one can also access this information through the CUNY Portal at www.cuny.edu. Learn how to do this and to also register for courses through the Internet.

Thur. Nov 12 @ 1

Finding the Time to Get Things Done on Time
Learn time management techniques needed to balance an active college life and personal responsibilities. Discover new ways to make the best and most productive use of your time.

Mon. Oct 19 @ 10:30
Wed Oct 21 @ 5:30
Thur. Oct 22 @ 1:00

Have the Right Information: Learn About City Tech
Understand college regulations, policies, procedures, resources, and academic support programs for students' success. Review common college problems and experiences. Learn specific functions and locations of academic and administrative offices. Summarize procedures and deadlines associated with specific college activities.

Tues. Oct 6 @ 11:00
Wed. Oct 7 @ 5:30

Overcome the Fear of Math
Math produces anxiety for more students than any other subject because of incorrect myths and counterproductive attitudes. This thinking causes poor exam performance and a reluctance to enter math related careers. This workshop will help you reduce your anxiety and misconceptions about math so that you can pass!

Wed. Sept 30 @ 4
Mon. Oct. 5 @ 12:30
Wed. December 9 @ 12:30

Helping Yourself and Others Deal with Sadness, Loss, and Depression
Life can get stressful and overwhelming for everyone at times. This makes dealing with school, work, friendships and family even more difficult. Learn to identify when you or a loved one is feeling depressed or has thoughts of harm, and what you might do to handle these feelings in yourself or another person.

Thur Nov. 5 @ 1

Control Your Nerves During Exams
Reducing stress before an exam can enhance performance. Learn to identify the signs of test anxiety and its causes. You'll also be shown how to use techniques to reduce everyday stress and anxiety.

Tues. Oct. 13 @ 10:30
Thur. Oct 15 @ 1:00
Mon. Oct 19 @ 5:30
Mon Dec 7 @ 6:00
Tues Dec 8 @ 12
Thur Dec 10 @ 1

Identify Your Learning Style and Do Great in College
Identify your learning style and broaden the study skills that work for you. Assess how teaching styles impact on individual learning during this informative workshop.

Mon. Oct 26 @ 5:30
Wed. Oct 28 @ 10 am

City Tech and Dealing with All These Different People

Racism, class, gender, sexual orientation, disability, religion- there are so many ways we are defined. Can we all live together in such a small place? During this workshop we will review attitudes and behaviors that allow members of a diverse society to coexist and prosper. We will also explore the harmful effects of prejudice and stereotypes.

Thur. Oct 8 @ 1:00

Getting Motivated to Study

This workshop teaches skills to counter the expectations of failure. You'll learn about the relationship between thoughts, feelings and behaviors; uncover the underlying beliefs that fuel negative thoughts; and practice constructive alternatives to increase hopefulness and motivation.

Tues Nov. 10 @ 11
Thur Nov. 19 @ 5:30

Career Decision Making

What do you like? What is important to you? Money? Personal Freedom? Come to this workshop and learn the right way to make the choice that will effect the rest of your life.

Tues Oct 20 @ 11
Thur Oct 15 @ 5:30

Drugs and Alcohol Abuse

Whether you're using or someone close to you is, everyone is affected by abuse. Come to this workshop to get the help that is needed.

Wed Dec 2 @ 11
Thurs. Dec 3 @ 5:30

Help for Student on Academic Probation or Alert

Grading problems can often be fixed. This workshop will explore the many possibilities for success in college even if your grades have fallen.

Mon. Sept 14 @ 11
Tues. Sept 15 @ 1
Wed. Sept 16 @ 5:30
Thur. Sept 17 @ 1

Groups Talk

The Counseling Center also offers the following group talks for students to discuss topics of interest and meet other students with similar interests.

Veterans of Military Service

Meets Every First and Third Thursday of the month @1

Learn to Meditate

Reducing stress is a great way to get more done with great ease. Participants will learn valuable ways to maintain a healthy, relaxed life while succeeding in college. **Available upon request.**

Gay, Lesbian, Bisexual, Transgender or Questioning

Open discussion group on various topics related to coming out, dating, dealing with prejudice and other matters that affect our lives and education.

Mondays @ 12:00

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:

300 Jay Street, Namm Hall 108
Brooklyn, NY 11201
(718) 260-5030

Web Site: <http://www.citytech.cuny.edu/students/counseling>