



## Spring 2023 free to all City Tech students!

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 online for one or all of the events by going to <https://www.citytech.cuny.edu/counseling/>**– Will be held on ZOOM and in person in Namm Hall 108.

Date	Events
2/9/23	<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, when is the drop deadline).</p>
2/16/23	<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.</p>
2/23/23	<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.</p>
3/2/23	<p><b>Thinking Ahead</b></p> <p>Advisement for next semester begins soon – are you ready? Do you know where to 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.</p>
3/9/23	<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. Learn how to manage stress and anxiety related to your new challenges.</p>
3/16/23	<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.</p>

3/23/23	<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.</p>
3/30/23	<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. <b>Ask</b> your questions and get support from counseling staff and other students.</p>
4/20/23	<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.</p>
4/27/23	<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.</p>
5/4/23	<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.</p>
5/11/23	<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.</p>
5/16/23 <b>TUESDAY</b>	<p><b>Creating a peaceful mind for studying</b></p> <p>Finals are upon us. Learn simple techniques to help you quiet your mind and feel the ease in the moment. Come to refresh your skills, get support and renew your commitment to managing stress.</p>
5/18/23	<p><b>How's your motivation holding up?</b></p> <p>Review how you motivate yourself and look at what's worked and what you still need help with to keep motivated when things get tough.</p>

**MUST Register with a City Tech email.**

*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>