

How To Start The Semester Strong!

Sign up for a workshop from our Spring Workshop Series:

<https://qccuny.formstack.com/forms/ccw>

Sign up (RSVP) must be done at least one hour prior to the start of each workshop/group. Thank you.

Communication And Your College Experience

Part of the Spring Workshop Counseling Series. Wednesday, February 15th, 2 – 3 p.m.

A reflective workshop on addressing how communication plays a role towards your college success. The importance of listening intently will be discussed as well as the impact of messages sent. We will look at effective communication skills – verbal and nonverbal cues – to assist in improving current relationships and in creating new healthy relationships.



Parenting Support Group

Fridays 11 am – 12:30 pm, Starting on February 17th

Are you a parent and a college student? Having difficulty with dealing with all your responsibilities? Join our new parent group to share your situation, get some much needed support, and learn some strategies to address your demanding roles. If you are not available at this time, please email us other available times with subject line “Parent support group” at: Counseling@qcc.cuny.edu.

Motivated?

Wednesday, February 22th, 2 – 3 p.m.

An interactive workshop on how to discover what motivates you. We will review your top values, reflect on your purpose, and work on how to set a realistic academic goal. We will also identify distractors and work on creating ways to stay focused on your goals. Part of the Spring Workshop Counseling Series.



Stress Reflection

Wednesday, March 8th, 2 – 3 p.m.

An interactive workshop on how stress affects us. We will discuss how our mind and body responds to stress, what causes stress, how we react to stress, and how we cope with stress. We will end with creating an action plan for managing stress. Part of the Spring Workshop Counseling Series.

Obsessed With Your Cell Phone?

Wednesday, March 22nd, 2 – 3 p.m.

Are you constantly checking your social media, messages, email...? Are you constantly looking at your phone even without getting notifications? Come to this reflective workshop – take an assessment - and see if you are ADDICTED to the internet? We will discuss ways of managing online usage. Part of the Spring Workshop Counseling Series.



Am I Studying Correctly?

Wednesday, April 5th, 2 – 3 p.m.

A reflective workshop focusing on the benefits of studying. We will look at effective study strategies and identify distractors that need to be minimized. Part of the Spring Workshop Counseling Series.

Anxious When Taking Test?

Wednesday, April 19th, 2 – 3 p.m.

A reflective workshop where we will cover what makes college students anxious. Time will be given to understand what makes you anxious and then work on identifying healthy anxiety reducing techniques. Part of the Spring Workshop Counseling Series.