



**FREE ZOOM
WORKSHOPS and
GROUPS**



THE COUNSELING SERVICES CENTER
Web Site: <http://www.citytech.cuny.edu/students/counseling>

These workshops are available by student or faculty request based on counselor availability.

Better Relationships

Having a difficult time managing your relationships? Attend this session and learn simple communications skills to enhance any relationship.

It's Depressing!

We've said it, we've heard it - but do we mean it? Can you distinguish COVID fatigue (missing your people and routines and worrying about the future) from depression (a serious mood disorder that can lead to self-harm if not addressed). Learn how to support your mental wellness during these extraordinary times.

Managing Anger

Understanding how to listen to your anger for information about your needs and boundaries is a high order emotional skill. It is especially relevant as COVID subjects us to a greater than usual amount of rage, anger, guilt and helplessness without the usual supports. Attend this workshop to understand more about the important skill of managing anger.

Drugs and Alcohol Abuse

Substances are easily accessible and fast acting in numbing psychosocial stress. When NY went on statewide lock down liquor stores were classified as essential services. Not surprisingly a surge in addictive behaviors has been reported. Learn how the brain moves from use toward addiction and how to interrupt this cycle.

Meditation to Get through College

Learn simple techniques to manage the stress of life right now. This workshop will help you improve focus in class, study and your relationships. Worry less and enjoy life more.

New Student Help: Managing College Online

Freshmen students can feel lost and unsure about college. This workshop will identify ways to adjust to college and understand your new adventure!

Getting Things Done On Time

Learn time management techniques needed to balance learning and personal responsibilities.

Help for Students on Academic Probation or Alert

This workshop will explore the many possibilities for success in college, even if your grades have fallen. You'll understand what grades you need to receive to stay in college and how to move forward to success.

Financial Literacy in Uncertain Times

College Students must learn to manage their spending so that they have funds for housing, tuition, books, metro cards, meals, emergencies etc. How is this possible when work hours may be limited and salaries low? In this workshop participants will learn strategies to use your money effectively during uncertain times.

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 individual learning during this informative workshop and what you can do to boost the best way for you to learn.

Career Decision Making

Have your career goals shifted as a result of a changing world? Have you chosen a major? Are you confused about your current choice? This workshop will speak to the various careers associated with the diverse academic offerings at the college and provide specific information on career trends and forecasts.

City Tech and Dealing with Diversity

Racism, class, gender, sexual orientation, disability, religion are the many ways we are defined. How can we live and learn together?

Tips & Tricks to Getting A's

Learn how to adjust study skills to enhance comprehension and test performance while taking courses on-line. Learn to make adaptations to time management, communication with professors and accessing the college's resources to get better grades.

Getting Motivated to Study

Adjusting to the changes of remote learning can heighten doubts and can compromise motivation. 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 helpfulness and motivation.

Overcoming Test Anxiety

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 of uncertainty.

I'm Just Not a Math Person

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 to improve your online learning experience.

ONGOING GROUPS

Straight Up Talk About Racism

A group that seeks to speak the truth about historical and present-day RACISM in all its form as well as its detrimental impact on our Country, State, City and Community. The group will develop coping mechanisms as well as introduce a Call to Singular and Collective actions to improve the educational, psychological, social and economic state of its members. The book, "CASTE" by Isabel Wilkerson and the life of Rep. John Lewis will be the guiding forces of this group.

LGBTQ+ Group Talk

Open discussion group on various topics related to coming out, dating, dealing with prejudice and other matters that affect our lives and education. Note: This group is open only to students identifying as LGBT or Questioning their identity.

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

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