A College Student’s Guide to Freaking Out: A Workshop Series

When: Tuesdays, 12-1 p.m. from September 1 – December 1, 2015
Where: Taylor Hall, Rm 113

A College Student’s Guide to Freaking Out:
Mindfulness
This workshop will help students to learn about mindfulness and its health/psychological benefits. There will be a strong experiential component to this workshop. Come prepared to relax!

Dates offered: 9/1, 9/29, 11/3

A College Student’s Guide to Freaking Out:
Emotional Regulation
This workshop will help students learn how to effectively manage their emotions in the midst of stressful life situations. The function of emotions in our lives will be discussed and strategies for responding to problems will be reviewed.

Dates offered: 9/8, 10/6, 11/10

A College Student’s Guide to Freaking Out:
Distress Tolerance
This workshop will help students to identify a crisis situation and understand how to react in adaptive ways. Students will discuss how they can learn to accept things that they cannot change and will leave with crisis survival strategies.

Dates offered: 9/15, 10/20, 11/17

A College Student’s Guide to Freaking Out:
Interpersonal Effectiveness
This workshop will help students to learn how to navigate the different types of relationships in their lives. Students will have an opportunity to think critically about the relationships in their lives and consider new ways to improve the quality of these relationships.

Dates offered: 9/22, 10/27, 12/1

SPACE IS LIMITED
PLEASE CALL THE COUNSELING & STUDENT DEVELOPMENT CENTER AT 570-577-1604 TO SIGN UP!