Counseling Center presents

WELLNESS WORKSHOPS

Check out our drop-in workshops throughout the semester. Choose from 16 topics! For detailed descriptions, schedules, and Zoom links visit: counseling.umd.edu/workshops/

COPING SKILLS: MONDAYS 4-5PM

- Coping with Stress
- Taking Control of Your Thoughts
- Surviving Difficult Emotions
- Mastering Mindfulness

ACADEMIC SUCCESS: TUESDAYS 4-5PM

- Time Management
- Conquer Procrastination Now (Not Later)
- Pay Attention! Tips to Improve Focus
- Successful Study Skills

RELATIONSHIPS & COMMUNICATION: WEDNESDAYS 4-5PM

- Effective Communication Skills
- Deepening Relationships with Vulnerability
- Managing Conflict & Setting Boundaries
- #NoFilter: Social Media and Me

RESILIENCE AND ADAPTABILITY: THURSDAYS 4-5PM

- Freedom from Perfectionism
- Dealing with Disappointment
- Managing Imposter Syndrome
- Navigating Change and Uncertainty