



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



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

