TIME MANAGEMENT  
Tuesday, Feb. 7, 11 a.m. to noon  
Student Resource Center (SRC), Room 1144 (inside cafeteria)  
Presenter: Edison Wells, Counselor  
Always running around at the last minute? Feeling pressured and don’t know where your day went? Well, it is probably a thing called life that has you up and going all the time. Participate in this session on time management and find out exactly where you are spending time and how to prioritize it.

TRANSFEROLOGY  
Tuesday, Feb. 21, 11 a.m. to noon  
Seaton Computing Center (SCC), Room 114  
Presenters: Cheryl Baumback-Caplan, Counselor, and Laura Nenninger, Counselor  
Want to know if your classes will transfer to a four-year college or university? Learn the latest tools designed to simplify the transfer process.

OVERCOMING PUBLIC SPEAKING AND SOCIAL ANXIETY  
Tuesday, April 4, 9:30 to 11 a.m.  
Student Resource Center (SRC), Room 1144 (inside cafeteria)  
Presenter: Laura Leinweber, Counselor  
Are you dreading a presentation you have coming up for your class? Have you avoided presentations in the past and taken a zero for the assignment because you are afraid to speak in public? Do you tend to avoid large groups or struggle to meet new people? If you answered yes to any or all of these, come to this workshop to learn tools and techniques for overcoming your anxiety and gaining confidence with your public speaking.

READY, SET, TRANSFER  
Monday, Feb. 13, 12:30 to 1:30 p.m.  
Student Resource Center (SRC), Room 1144 (inside cafeteria)  
Presenter: Dana Thompson, Counselor  
Are you thinking about transferring to a four-year college or university? Are you unsure as to what to do first? Come to this workshop and find out how to choose the best school for you, when are the best times to apply, what key information schools will need from you, and much more.

SETTING AND KEEPING GOALS  
Wednesday, Feb. 15, noon to 1 p.m.  
Student Resource Center (SRC), Room 1144 (inside cafeteria)  
Presenter: Amanda Noel, Counselor  
When setting a goal, you are 75 percent more likely to achieve it if you share it with another person. Learn how to set realistic goals, establish a step-by-step plan and encourage accountability through sharing and motivation.

TEST ANXIETY AND MINDFULNESS  
Monday, March 13, noon to 1 p.m.  
Student Resource Center (SRC), Room 1144 (inside cafeteria)  
Presenter: Dr. Dennis Emano, Counselor  
Do you pay more attention to what is going on in the world around you or to what is going on inside you? The answer to this question can help you formulate the most effective coping mechanisms for dealing with grief and loss.

GRIEF, LOSS AND PERSONALITY TYPE  
Thursday, March 9, 12:30 to 1:30 p.m.  
Berg Instructional Center (BIC), Room 3506  
Presenter: Barb Dion, Counselor  
Do you wonder sometimes if you and your instructor speak the same language? Are you looking for winning strategies to help you communicate with your instructor? This workshop will prepare you for face-to-face interactions you will have with your instructors by helping you to work smarter and not harder.

TEST ANXIETY AND MINDFULNESS  
Monday, March 13, noon to 1 p.m.  
Student Resource Center (SRC), Room 1144 (inside cafeteria)  
Presenter: Dr. Dennis Emano, Counselor  
Ever experience a “mind block” or get “panicky” during tests? Find out how cognition and the stress response play a role in generating anxiety and how mindfulness can help you achieve better test results.

COMMUNICATING EFFECTIVELY WITH YOUR PROFESSORS  
Tuesday, March 21, 6 to 7:30 p.m.  
Student Services Center (SSC), Room 1229  
Presenter: Arne Anderson, Counselor  
Do you wonder sometimes if you and your instructor speak the same language? Are you looking for winning strategies to help you communicate with your instructor? This workshop will prepare you for face-to-face interactions you will have with your instructors by helping you to work smarter and not harder.

IMPROVING YOUR SELF-ESTEEM  
Monday, April 10, 1 to 2 p.m.  
Student Resource Center (SRC), Room 1144 (inside cafeteria)  
Presenters: Alison Greene, Counselor, and Danice McGrath, Counselor  
We will discuss ways that self-esteem can impact your life and relationships. We will offer suggestions on how to develop a healthy and more positive self-esteem.