



# CCNY COUNSELING CENTER WORKSHOPS FOR STUDENTS FALL 2024

**Establishing Social  
Connections**  
Monday 9/16 @ 2:00 pm

**Communicating Well with  
Others**  
Friday 10/11 @ 11:00 am

**How Social Media  
Affects Us**  
Wednesday 11/6 @ 1:00 pm

**Adjusting to College**  
Wednesday 9/25 @ 3:00 pm

**Adjusting to Living with a  
Roommate**  
Thursday 10/17 @ 2:00 pm

**Handling Tough Parents \***   
Thursday 11/14 @ 12:30 pm

**Overcoming Imposter  
Syndrome**  
Monday 9/30 @ 1:00 pm

**Coping with Depression \***   
Thursday 10/24 @ 12:30 pm

**Time Management**  
Monday 11/18 @ 2:00 pm

**Thriving as a First Generation  
College Student**  
Tuesday 10/29 @ 3:00 pm

**Making Peace with Stress**  
Tuesday 11/26 @ 11:00 am

**Test Anxiety**  
Thursday 12/5 @ 4:00 pm



\*All workshops presented in person at the Counseling Center - Marshak J15  
except workshops on 10/24 and 11/14, which are offered via Zoom

RSVP Link: <https://www.surveymonkey.com/r/VQC3RLX>