

CCNY COUNSELING CENTER

SPRING 2025 WORKSHOPS FOR STUDENTS

ADJUSTING TO COLLEGE

WEDNESDAY 2/5 - 11:00 AM

THRIVING AS A FIRST-GENERATION COLLEGE STUDENT

TUESDAY 2/11 - 12:30 PM

ADJUSTING TO LIVING WITH A ROOMMATE

FRIDAY 2/21 - 11:00 AM

OVERCOMING IMPOSTER SYNDROME

THURSDAY 2/27 - 4:00 PM

HANDLING TOUGH PARENTS

MONDAY 3/3 - 12:00 PM

TIME MANAGEMENT

TUESDAY 3/11 - 10:00 AM & WEDNESDAY 5/7 - 3:00 PM

MAKING PEACE WITH STRESS

WEDNESDAY 3/19 - 3:00 PM & TUESDAY 5/13 - 1:30 PM

ESTABLISHING SOCIAL CONNECTIONS

THURSDAY 3/27 - 4:00 PM

COMMUNICATING WELL WITH OTHERS

TUESDAY 4/1 - 4:00 PM

HOW SOCIAL MEDIA AFFECTS US

FRIDAY 4/11 - 11:00 AM

TEST ANXIETY

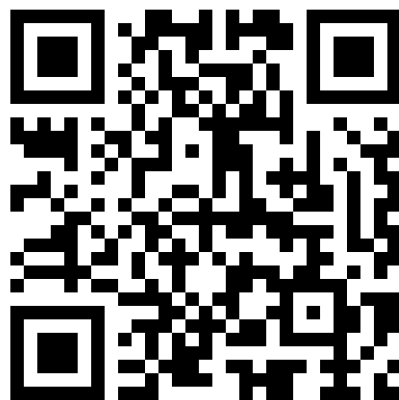
THURSDAY 4/24 - 4:00 PM

COPING WITH DEPRESSION

WEDNESDAY 4/30 - 1:00 PM ON ZOOM



RSVP:



[HTTPS://WWW.SURVEYMONKEY.COM/R/M55DXHC](https://www.surveymonkey.com/r/M55DXHC)

ALL WORKSHOPS PRESENTED IN PERSON AT
THE COUNSELING CENTER - MARSHAK J15
EXCEPT WORKSHOPS ON 4/30, WHICH IS
OFFERED VIA ZOOM



The City College
of New York



Division of
Student Affairs