STRESS AND ANXIETY TOOLBOX WORKSHOP

Dates: February 5th, 12th, & 19th OR March 5th, 12th, & 19th
Time: 1-2pm
Where: Student Health Center Conference Room

This is a progressive learning workshop where students will participate in one 50-minute workshop per week for three weeks and learn to apply specific tools to combat stress and anxiety in real-life situations.

Call the CSUB Counseling Center at (661) 654-3360 to register. Available only to CSUB Students.

GETTING UNSTUCK WORKSHOP
Learn Skills to Reduce Depression

Dates: February 5th, 12th, & 19th OR March 5th, 12th, & 19th OR April 9th, 16th, & 23rd
Time: 4:00-5:00pm
Where: Student Health Center Conference Room

This is a progressive learning workshop where students will participate in one 50-minute workshop per week for three weeks and learn to apply specific tools to manage symptoms of depressed mood.

Call the CSUB Counseling Center at (661) 654-3360 to register. Available only to CSUB Students.

Ex.C.E.L.

EXPERIENCING CONFIDENCE & ENJOYMENT OF LEARNING

- Improve your confidence in school
- Improve your motivation
- Improve your attitude regarding college

TUESDAYS
FEBRUARY 6TH, 13TH, 20TH AND 27TH 1-2PM

STUDENT SUCCESS WORKSHOPS

Located in the conference room in the student health center.
Call the CSUB Counseling Center to RSVP
(661) 654-3360

THE FIRST-GENERATION COLLEGE STUDENT EXPERIENCE

I'm First!

TUESDAY, MARCH 6TH 10AM
STUDENT SUCCESS WORKSHOPS

Located in the conference room in the student health center.
Call the CSUB Counseling Center to RSVP
(661) 654-3360
TUESDAY, MARCH 13TH @10AM
STUDENT SUCCESS WORKSHOPS

ACADEMIC SKILLS WORKSHOP

- Learn strategies for academic success
- Reduce test anxiety
- Improve study skills

Located in the conference room in the student health center.
Call the CSUB Counseling Center to RSVP
(661) 654-3366

WEDNESDAYS
FEBRUARY 14TH AND 21ST,
4-5PM
STUDENT SUCCESS WORKSHOPS

Wellness:
- balancing stress and self-care
  - Learn about stress and anxiety
  - Increase self-care
  - Improve stress management, sleep hygiene, mindfulness and relaxation skills

Located in the conference room in the student health center.
Call the CSUB Counseling Center to RSVP
(661) 654-3366

TUESDAY, MARCH 20TH
10-11AM
STUDENT SUCCESS WORKSHOPS

Wellness:
- balancing stress and self-care
  - Learn about stress and anxiety
  - Increase self-care
  - Improve stress management, sleep hygiene, mindfulness and relaxation skills

Located in the conference room in the student health center.
Call the CSUB Counseling Center to RSVP
(661) 654-3366

THURSDAYS
MARCH 8TH, 15TH AND 22ND 2-3PM
STUDENT SUCCESS WORKSHOPS

Ex.C.E.L.
EXPERIENCING CONFIDENCE & ENJOYMENT OF LEARNING
- Improve your confidence in school
- Improve your motivation
- Improve your attitude regarding college

Located in the conference room in the student health center.
Call the CSUB Counseling Center to RSVP
(661) 654-3366

Program adapted from California State University, Northridge