Our workshops focus on building and honing the skills necessary to succeed at Michigan Tech. These workshops will help you with a variety of skills, from managing stress, to taming habits, to feeling more confident and capable in your classes and daily life. These workshops are designed for you to attend each of the sessions within a series (some workshops will be repeated within the semester).

Cost is free to attend; all supplies will be provided. Registration required. Please sign up by emailing workshops@mtu.edu

**MOTIVATION: HOW TO FIND AND KEEP IT**

What is motivation? Where does it come from? Why does it seem like some people have it and others don’t? We get it - motivation is not as easy as it sounds. Whether you’re looking to strengthen yours or find it to begin with, this workshop on motivation is a great place to start!

**TAMING HABITS**

Riding the wave of urges and cravings can make behavioral and mental habits seem overwhelming and impossible to manage. Learn ways to ease those thoughts and feelings, while working on alleviating the underlying causes of your habits. Unwanted habits can be behaviors you don’t like, such as binge eating, excessive internet use, procrastination on unwanted mental habits, like excessive worrying. This workshop will help you get started with developing more peace of mind!

- **Oct. 10, 17, 24 • 11am - 12pm • Admin. 404**

**ADDRESSING LONELINESS**

Figure out who’s already in your life and how to strengthen those relationships; and learn how to make connections with more people. We will explore some of the harder questions of how good a friendship is and learn how to be a better and more likeable friend. Ultimately, this workshop will explore the importance of community and relationship in everyone’s lives and how to grow them.

- **Oct. 1, 8, 15 • 10-11:00am • Admin. 311**
- **Nov. 4, 11, 18 • 1-2:00pm • Wads G11W**
- **Nov. 5, 12, 19 • 11am-12:00pm • Admin 201**
- **Dec. 5 • 2:00-3:00pm • Admin 201**

**STRESS LESS**

Ready to lower anxiety and depression? Using Acceptance and Commitment Therapy (ACT) practices, this 4-week structured workshop will teach you skills to grow mindfulness.

- **Oct. 9, 16, 23, 30 • 11:00 - 12:00pm • Admin. 404**
- **Nov. 7, 14, 21 & Dec. 5 • 2:00-3:00pm • Admin 201**