

Counseling Services Workshops

FALL 2019

WWW.MTU.EDU/COUNSELING

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

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 to 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

MINDFUL LIVING

Tired of being tired, overwhelmed and behind? It's easy to feel drained while you're a student. Mindfulness can help eliminate this negative cycle and connect you with your inner-self, even in the most stressful of times. Meet with a community of others who are interested in building mindfulness and meditation skills to help reduce stress and increase joy in your life this semester.

Oct. 4, 11, 18, 25 • 1-2:00pm • Admin. 313

EMOTIONAL RESILIENCE

Life keeps happening even when you're in school, sometimes bringing situations that cause lots of distress. Learn emotion regulation and distress tolerance skills that can help you feel more in control. This workshop will include information that will help you to better understand your emotions and how to keep them from taking over your life. This workshop is a 3-week series of 60-minute sessions.

Oct. 2, 9, 16 • 1-2:00pm • Wads G11W

Nov. 5, 12, 19 • 11am-12:00pm • Admin 201

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!

Series 1: Oct. 1, 8, 15 • 1-2:00pm • Admin. 313

Series 2: Nov. 4, 11, 18 • 10-11:00am • Admin. 313

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

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