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.

Wednesdays - 10 - 11 AM - 9/29, 10/6, 10/13, & 10/20
Thursdays - 4 - 5 PM - 10/28, 11/4, 11/11, & 11/18

CREATING CAREER CONFIDENCE
Wishing you had a little more confidence for your job search, interviews, future work relationships and more? This workshop will focus on building confidence, self-care during the job search, and give you skills to handle your emotions during the job search and beyond.

Thursdays - 10-11 AM - 10/28, 11/4, 11/11 & 11/18

BUILDING RESILIENCE
When faced with difficulty and challenges in life, how do you cope, adapt, and bounce back? This workshop focuses on the concept of resilience and how to build these skills and abilities to better cope with challenges and gain confidence in oneself to persevere when life is difficult.

Thursdays - 1- 2 PM - 10/14, 10/21, & 10/28

EMERGING FROM THE PANDEMIC
Are you worried about bursting your COVID-19 bubble and unsure of your ‘new normal’? This 3-part workshop will help you navigate the loss of normalcy, anticipated futures, and lost time; and develop skills to manage anxiety, social anxiety, and address worries about returning to campus.

Mondays- 2 PM - 3 PM - 9/27, 10/4 & 10/11

GETTING PAST LOVE
Trying to get over a recent heartbreak? Break-ups are never easy, get help moving on with this DIY pre-recorded workshop, complete this workshop at your own pace.

Available online at: https://www.mtu.edu/well-being/workshops

Looking for academic workshops? Check out the library workshops on everything from research, citations, data management, 3D printing, Microsoft Office, dissertation and thesis writing, and more! https://www.mtu.edu/library/instruction/workshops/