



CCNY COUNSELING CENTER WORKSHOPS FOR STUDENTS FALL 2023

New Students Workshop
Thursday 9/7 @ 12:30 pm

Making Peace with Stress
Wednesday 9/13 @ 2:00 pm
Thursday 11/9 @ 12:30 pm

Time Management
Tuesday 9/19 @ 3:00 pm
Monday 11/27 @ 12:30 pm

Overcoming Imposter Syndrome
Wednesday 9/27 @ 11:00 am
Tuesday 11/14 @ 3:00 pm



Coping with Depression
Friday 10/6 @ 11:00 am

Insomnia
Wednesday 10/11 @ 12:00 pm

Test Anxiety
Thursday 10/19 @ 12:30 pm
Monday 12/4 @ 4:00 pm

Thriving as a First Generation
College Student
Tuesday 10/24 @ 11:00 am

Recovering after Loss
Wednesday 11/1 @ 12:00 pm

Rsvp link: <https://www.surveymonkey.com/r/ZM5ZW7G>