



The City College
of New York



Office of the Vice President
of Student Affairs and
Enrollment Management

CCNY COUNSELING CENTER WORKSHOPS FOR STUDENTS SPRING 2024

New Students Workshop
Tuesday 1/30 @ 1:00 pm

Making Peace with Stress
Monday 2/26 @ 11:00 am
Thursday 5/9 @ 12:00 pm

Time Management
Tuesday 2/13 @ 1:00 pm
Tuesday 4/16 @ 1:00 pm

Coping with Depression
Wednesday 2/21 @ 3:00 pm
Friday 4/5 @ 11:00 am

Overcoming Imposter Syndrome
Monday 3/25 @ 12:00 pm

Insomnia
Thursday 3/21 @ 12:00 pm

Test Anxiety
Thursday 3/14 @ 12:00 pm
Wednesday 5/1 @ 1:00 pm

Thriving as a First Generation College Student
Monday 2/5 @ 4:00 pm
Wednesday 4/10 @ 1:00 pm

Recovering after Loss
Wednesday 3/6 @ 1:00 pm



All workshops presented in person at the
Counseling Center - Marshak J15

Rsvp link:

<https://www.surveymonkey.com/r/WKXCPF6>