



The City College
of New York



Division of
Student Affairs

CCNY COUNSELING CENTER

STUDENT WORKSHOPS FALL 2025

Adjusting to College

Thursday 9/11 - 12:30 pm

Adjusting to Living with a Roommate

Wednesday 9/17 - 3:00 pm

Thriving as a First-Generation College Student

Tuesday 9/30 - 11:00 am

Communicating Well with Others

Wednesday 10/8 - 1:00 pm

Overcoming Imposter Syndrome

Friday 10/17 - 11:00 am

How Social Media Affects Us

Tuesday 10/21 - 4:00 pm

Handling Tough Parents

Thursday 10/30 - 1:30 pm

Establishing Social Connections

Wednesday 11/5 - 1:00 pm

Coping with Depression

Monday 11/10 - 4:00 pm

Managing Insomnia

Wednesday 11/19 - 4:00 pm

Making Peace with Stress

Thursday 12/4 - 3:00 pm

Test Anxiety

Monday 12/8 - 11:00 am

RSVP



[HTTPS://WWW.SURVEY
MONKEY.COM/R/T8P56
QN](https://www.surveymonkey.com/r/T8P56QN)

ALL WORKSHOPS PRESENTED IN PERSON AT THE COUNSELING CENTER -
MARSHAK J15