



CCNY Counseling Center

Student Workshops

Spring '26

Communicating Well with Others: Thursday 2/19 at 4:00 pm

Time Management: Tuesday 2/24 at 1:30 pm

Thriving as a First-Generation College Student: Wednesday 3/4 at 1:00 pm

Handling Tough Parents: Monday 3/9 at 2:00 pm

Stress Management: Friday 3/20 at 12:00 pm

Coping with Depression: Monday 3/23 at 3:00 pm

How Social Media Affects Us: Tuesday 3/31 at 4:00 pm

Establishing Social Connections: Wednesday 4/15 at 3:00 pm

Managing Insomnia: Thursday 4/23 at 1:30 pm

Overcoming Imposter Syndrome: Friday 5/1 at 12:00 pm

Stress Management: Thursday 5/7 at 4:00 pm

Test Anxiety: Thursday 5/14 at 1:30 pm

RSVP Link:

<https://www.surveymonkey.com/r/2QTY9ST>



The City College
of New York



Division of
Student Affairs

