



The City College
of New York



Division of
Student Affairs

FALL 2026 WORKSHOPS

RSVP link: <https://www.surveymonkey.com/r/F959VDR>

Free Pizza!

Creating Meaningful Connections on Campus

Tuesday 9/8 at 12:30 pm

Thriving as a First-Generation College Student
Friday 9/25 at 12:00 pm

Bridging the Gap with Parents

Monday 9/28 at 11:00 am

Thriving Under Pressure: Stress Management Skills

Tuesday 10/6 at 12:30 pm

Overcoming Imposter Syndrome

Wednesday 10/14 at 4:00 pm

Coping with Depression: Tools for Tough Days

Monday 10/26 at 3:00 pm

Time and Task Management

Friday 11/6 at 12:00 pm

Healthy Sleep Habits

Monday 11/23 at 1:00 pm

Mastering Test Anxiety

Wednesday 12/9 at 4:00 pm

