

Spring 2024 Counseling Seminars

Log into Cougar Connect and click events for more details.

collin.campuslabs.com/engage/events



Creating My Self-Care Plan for the Semester

Tuesday, Jan. 30, 12:30-1:30 pm, Frisco Campus H237

Start the semester out right and take time to reflect on your wellness and how you are going to take care of You!

Life Happens: Managing Your Ups and Downs

Thursday, Feb. 8, 1-2 pm, McKinney campus B208

Life can present many challenges. Come learn how to cope with the unexpected.

What's Love Got to Do With It? Building Relationships, *Virtual*

Tuesday, Feb. 6, Noon-1 pm

Explore ways to enhance your relationships through effective communication and practical tools.

How Can I Stop Procrastinating?

Wednesday, Feb. 21, Noon-1 pm, Frisco Campus H130

Are you struggling to get things done? Do you find yourself behind on assignments for no apparent reason? Join us as we explore ways to break the cycle of procrastination and increase productivity.

Mirror Talks for Mental Health

Tuesday, Feb. 27, 1-2 pm McKinney Campus Room B208

What you say to yourself matters! Come learn to build a positive self-image and overcome negative self-talk that can hinder you from being successful.

Mental Makeover: A Cognitive Approach to Happiness, *Virtual*

Thursday, Feb. 29, 1-2 pm

Discover the connection between how you think about yourself and your overall mental wellbeing.

ADHD: Study Tips & Tricks

Monday, March 4, 3-4 pm, Plano campus D113

Work towards improving study habits, limiting distractions and increasing your grades.

How to Cope During Difficult Times

Wednesday March 6, 1-2 pm, *Virtual*

Life can be tough, come learn how to cope in a healthy way through challenging times.

Your Time is Vital: Time Management

Workshop Thursday, March 7, 2-3 pm, *Virtual*

Discover skills to help you enhance productivity and balance in your academic and personal life.

Together: How to Build Connections and Friendships that Last

Monday, March 18, Noon-1 pm, *Virtual*

In a time when isolation is easier than ever, learn how to take the risk to build the community you crave.

Healthy Boundaries

Tuesday, March 19, 3-4 pm, *Virtual*

Learn the basics of boundaries and how to set them in order to maintain your own health and wellness.

Stinking Thinking

Wednesday, March 27, 1-2 pm, *Virtual*

Don't let negative self-talk control your life. Identify common thinking traps and discover effective strategies to re-frame your thoughts for a positive mindset.

Leave Your Stress Behind: Stress Management Workshop

Thursday, April 4, 2-3 pm, *Virtual*

Feeling overwhelmed by the demands of life? Discover practical strategies, mindfulness techniques and expert insights to navigate the challenges of student life.

Healthy vs. Unhealthy Relationships Wednesday, April 10, 1-2 pm, Plano Campus B126

Navigating relationships can be difficult. Learn how to identify healthy vs. unhealthy relationships.

Building Community and Belonging

Wednesday, April 17, 2:30-3:30 pm, *Virtual*

Join us as we learn more about student engagement, and strategies to help create meaningful connections.

Understanding Stress Responses:

Fight, Flight, Freeze and Fawn

Wednesday, April 24, 1-2 pm, *Virtual*

Discover how your body and mind react in the face of stress and anxiety.

Strategies to Help De-Stress and Focus

presented by Professor Marta Moore

Thursday, April 25, 3-3:30 pm, *Virtual*

Participants will learn mindful strategies of heart-math (breathing technique) to relax and be mindful of the present.

Don't Stress the Test: A Guide to Managing Test Anxiety

Thursday, May 2, 1-2 pm, *Virtual*

Come learn ways to manage anxiety and stress as we gear up for finals week.