

Fall 2024 Counseling Seminars

Log into Cougar Connect and click events for more details.

collin.campuslabs.com/engage/events



Your Time is Vital: Time Management Workshop

Tuesday, Sept. 17, 2-3 p.m., Virtual,

Co-sponsor-Career Services

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

The Relate in Relationships

Wednesday, Sept. 18, Noon-1 p.m., McKinney Campus A204

How we communicate is the key to successful relationships.

How to Cope During Difficult Times

Wednesday Sept. 25. 1-2 p.m., Plano Campus TBD

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

Validation and Positive Reinforcement

Thursday, Sept. 26, 2-3 p.m., Virtual

Attend a discussion about self-esteem and working toward a more positive mindset.

Mirror Talks for Mental Health

Wednesday, Oct. 2, 1-2 pm McKinney Campus A204

What you say to yourself matters! Explore ways to build a healthy self-image by learning to accept and love yourself.

Managing ADHD: Tips, Tricks, and Hacks

Thursday, Oct. 10, 2-3 p.m., Plano Campus TBD

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

The Art of Scheduling: Balancing Classes, Work, and Life

Monday, Oct. 14, 1-2 p.m., Frisco Campus L115, Co-sponsor-Library Services

Gain practical tips on managing time effectively for academic, pro-fessional, and personal life balance.

Stress Management Workshop

Tuesday, Oct. 15, 2-3 p.m., Co-sponsor-Career Center, Virtual

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

Let's Talk Healthy Boundaries

Wednesday, Oct. 23, 1-2 p.m., Virtual

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

Gaslighting 101: More than a Buzzword

Tuesday, Oct. 29, 1-2 p.m., Virtual

Learn the basics of gaslighting, how to recognize its subtle signs and strategies to protect yourself from manipulative behavior.

Inside Out: It's OK to Feel

Thursday, Nov. 7, 1-2 p.m., Virtual

Understanding our emotions helps us to better understand ourselves and build stronger connections with others.

Home for the Holidays

Monday, Nov. 11, 1-2 p.m., Virtual

Does your anxiety climb just thinking about time with family over the holidays? Explore common struggles and ways to cope with holiday and family stress.

Building Community and Belonging

Wednesday, Nov. 13, 1-2 p.m., Virtual

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

The Bystander Effect: The Psychology Behind Bystander Intervention

Monday, Nov. 18, Noon-1 p.m., Virtual

Have you seen behavior that concerned you? Learn how to safely and effectively intervene to help others.

Creative Ways to Reduce Stress

Wednesday, Nov. 20, 1-2 p.m., Co-sponsor-Library Services, Room L115

Attend this interactive workshop designed to better understand stress and explore the use of creativity as a coping skill.

Codependency Uncovered: Breaking the Cycle

Monday, Dec. 2, 1-2 p.m., Virtual

Learn strategies to break the cycle and create healthier, more balanced relationships.

FALL GROUPS

Frisco Campus

Color and Chill: Stress Relief Group - 2 p.m., Heritage Hall 225

Weekly on Wednesdays starting on Sept. 11

This group offers a relaxing space to unwind, de-stress, and express your creativity through coloring.

McKinney Campus

Joy Writing - 4:30-5:30 p.m., Welcome Center 200D Weekly

on Wednesdays starting Sept. 25

Casual and comfortable weekly gathering to connect with fellow students who are also searching for everyday joy through creative expression. Come once or attend weekly.

ConnectU Meet-Ups Noon-1:30 p.m., Welcome Center 105

Once-a-month gatherings on, Sept. 26, Oct. 24, and Nov. 21.

Looking to make new friends and build meaningful connections on campus? Join ConnectU, the ultimate meet-up group for college students eager to expand their social circle and create lasting memories.