

Spring 2025 Counseling Seminars

Log into Cougar Connect and click events for more details.

collin.campuslabs.com/engage/events



Exploring the Domains of Wellness

Monday, Feb. 3, 1-2 p.m., Frisco Campus L115

Co-sponsor-Library Services

Explore the link between wellness and self-care to create a plan for a healthier, happier you.

Building Love to Last

Wednesday, Feb. 5, Noon-1 p.m., Plano Campus D112

How to do relationships right.

Anger Management

Monday Feb. 10, Noon-1 p.m., Wylie Campus, CC220

Dealing with anger even if you don't feel like it.

Time Management: When 24 Hours Isn't Enough

Tuesday, Feb. 11, 1-2 p.m., McKinney Campus B206

Develop time management awareness and take steps to reduce your stress.

Let's Talk Healthy Boundaries

Tuesday, Feb. 18, 1:30-2:30 p.m., Virtual

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

Coping with Anxiety 101

Tuesday, Feb. 25, 1-2 p.m., Frisco Campus, H225

Feeling overwhelmed by anxiety? Learn practical tools and strategies to help you manage anxiety effectively.

Communication Skills: The Relate in Relationships

Thursday, March 6, 11:30 a.m.-12:30 p.m., McKinney Campus, B206

How we communicate is the key to successful relationships.

How to Cope During Difficult Times

Wednesday, March 12, 11 a.m.-Noon, Plano Campus, D118

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

Understanding Your Mental Health Resources

Thursday, March 13, 1-2 p.m., Wylie Campus WLB 106

Understanding and utilizing mental health resources to navigate through life.

Managing ADHD: Tips, Tricks and Hacks

Wednesday, March 26, 11:30 a.m.-12:30 p.m., Virtual

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

Healing from Emotional Immature Parenting

Thursday, March 27, 1-2 p.m., Virtual

Uncover how this parenting dynamic shapes your emotions, relationships, and self-identity into adulthood.

Mastering Balance: Finding Harmony Between School, Life, and Work

Tuesday, April 1, 1-2 p.m., Virtual

Discover how to prioritize self-care, set healthy boundaries, and manage your time effectively.

Building Resilience

Wednesday, April 2, 1-2 p.m., Virtual

Gain a better understanding on how to build your own resilience and improve distress tolerance.

Together: How to Build Connections and Friendships that Last

Wednesday, April 9, Noon-1 p.m., Virtual

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

Hobbies: How to Start and Maintain

Tuesday, April 15, 1-2 p.m., Virtual

The benefits of hobbies, keeping them alive and finishing personal projects.

Sensitive to Rejection? Uncover the Roots and Build Resilience

Wednesday, April 16, 1-2 p.m., Plano Campus B111

Uncover how attachment styles influence your response to rejection and how self-compassion fosters healing, resilience, and self-worth.

Breaking the Cycle: How Negative Thinking Fuels Anxiety

Tuesday, April 29, 1-2 pm, McKinney Campus, B206

Discover strategies to reframe anxious thoughts and reduce the impact of anxiety on daily life.

Breaking Free from Imposter Syndrome: Building Self-Confidence

Tuesday, May 6, 4-5 p.m., Virtual

Co-sponsor- Career Center

Learn strategies to overcome self-doubt and build confidence in both academic and professional settings.

McKinney Group

ConnectU Meet-Ups Group, Noon-1p.m., C100

Once a month gatherings on **Thursdays, Feb. 20, March 27, and April 17**. 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.