

# Spring 2019 Counseling Seminars

## Plano Campus

### Time Management: How Well Do You Manage?

Wednesday, Jan. 30, 11 - 12 p.m., D225, and **Wednesday, March 20, 5:30 - 6:30 p.m., D225**

Develop time management awareness to help you reduce stress in and out of the classroom.

### Procrastination: You Don't Want to be a Pro

Monday, Feb. 4, 11 - 12 p.m., D225 and **Wednesday, May 1, 5:30 - 6:30 p.m., D225**

Learn how choices you make lead to procrastination and what you can do to change.

### Smarter, Not Harder: Study Tips

Tuesday, Feb. 12, 1:30 - 2:30 p.m., D225

Discover strategies to increase your academic motivation and performance.

### Communication Skills: Can You Relate?

Monday, Feb. 18, 5:30 - 6:30 p.m., D225

We all communicate, but how we communicate is the key to successful relationships.

### The Benefits of Stress

Monday, March 4, 11 - 12 p.m., D225

Learn new research about embracing stress and capitalize on its benefits.

### When Love Becomes Dangerous

Monday, April 1, Noon - 1 p.m., D225

Identify and change unhealthy behaviors in your relationship.

### Test Anxiety: Prepare to Pass

Tuesday, April 30, 11 - 12 p.m., D225 and **Monday, May 6, 5:30 - 6:30 p.m., D225**

Use relaxation & focus as a path toward passing your exams.

### What's in Your Mental Health Toolbox?

Mental Health Awareness Month

Wednesday, May 1 Noon - 1 p.m., D225

When depression or anxiety sneaks up, what's in your toolbox?

## Frisco Campus

### Time Management: How Well Do You Manage?

Wednesday, Feb. 6, Noon - 1 p.m., University 139

Develop time management awareness to reduce stress in and out of the classroom.

### Boundaries: Where Do I Draw the Line?

Wednesday, Feb. 20, Noon - 1 p.m., University 139

Care for yourself with healthy boundaries without feeling selfish.

### Motivation: Keeping it Alive

Wednesday, March 27, Noon - 1 p.m., University 139

Learn strategies to keep your head in the game and finish strong.

### KNOW NOW: "What's in the Bottle?"

Drug Use Trends, Tuesday, April 2, 1 - 2 p.m., L135

A leading community expert will share the latest information about drug trends including the Dark Web and the opioid epidemic.

### Test Anxiety: Prepare to Pass

Wednesday, May 1, Noon - 1 p.m., University 139

Use relaxation & focus as a path toward passing your exams.

## McKinney Campus

### Assertiveness Workshop: "What Did You Just Say?"

Wednesday, Feb. 13, 1 - 2 p.m., A104

Keep your cool and communicate well in tense situations.

### Boundaries Workshop: "Keep Your Paws Off My Stuff!"

Wednesday, April 10, 1 - 2 p.m., A104

Learn to identify different types of boundaries and how they apply to relationships.

### Anxiety, Exams, Papers. Oh My!

Wednesday, May 1, 1 - 2 p.m., A104

Breaking the worry cycle through planning and preparation.



**Counseling  
Services**

*Please contact ACCESS for accommodations at least 5 days prior to the event.*

For more information email [personalcounseling@collin.edu](mailto:personalcounseling@collin.edu)

or visit

<http://www.collin.edu/studentresources/counseling/>

or call 972.881.5126