WINTER, 2015 WORKSHOPS

How do I Stop My Anxious & Worry Thoughts?
Tuesday, January 27th, 2015, 3:30 – 4:30 pm; Discovery Hall, Room 464
Do you find yourself getting anxious and you don’t know why? How often do you worry during the day? When you lay down to sleep does your mind race with worries? If so, join us to learn skills that help you recognize your worries and focus your attention in ways that decrease anxiety and worry.

Overcoming Procrastination
Monday, February 9th, 3:30 – 5:00 pm; Discovery Hall, Room 464
This workshop will look at the cycle and roots of your procrastination and then discuss how to overcome those things that are responsible for your procrastination. You may have tried time management and the "just do it" philosophy to break out of your procrastination rut perhaps with limited to no success. This workshop will help you delve deeper into the reason why we procrastinate, as we often need to first understand how a thing works in order to conquer it. The hope of this workshop is for you to begin to more permanently and consistently minimize procrastination’s negative effect on your life.

Managing Test Anxiety
Monday, March 2nd, 3:30pm - 4:30pm, Discovery Hall, Room 464
Does your mind go blank when you take tests? Have you gotten low scores because you were anxious during exams, even though you studied? Do you worry about upcoming tests? If so, join us to learn ways to manage test anxiety and increase your comfort and confidence as you prepare for and take exams.