### Adjusting to College
Is college not what you expected? Are you having a difficult time fitting in, or do you struggle with homesickness? Join us for this one-session workshop to discuss the normal adjustment period to the college environment and how to cope in positive ways.

- **Tuesday, September 7, 12-1pm**
- **Thursday, September 16, 2-3pm**
- **Wednesday, September 22, 4-5pm**

### Don’t Stress It!
Are you feeling overwhelmed, anxious and stressed out? Join us for this one-session workshop to learn how to recognize stress, develop healthy ways to cope. Students will be introduced to various resources available to manage stress more effectively.

- **Thursday, October 7, 12-1pm**
- **Thursday, November 4, 11am-12pm**
- **Monday, November 29, 4-5pm**

### Time Management & Study Skills
Do you have trouble keeping track of all of your commitments and making enough time for assignments? This workshop is designed to help students schedule and balance activities in order to optimize productivity and self-care.

- **Tuesday, September 28, 1-2pm**
- **Thursday, October 21, 5-6pm**

### Nuts & Bolts of Completing Senior Thesis
This one-session workshop is designed to help seniors complete the major written requirement for their degrees. Topics include overcoming writer’s block, time management, organizing and structuring chapters, and adviser and reader management.

- **Tuesday, September 21, 10-11:30am**
- **Monday, November 15, 12-1:30pm**

### Breaking-Up Blues
Leader: Brianne DeWitt Goudelock

The end of a relationship can be very difficult, particularly when it occurs amidst the demands of an active college lifestyle. This workshop is designed to help students better understand the emotions involved in a relationship break-up and how to cope in healthy ways.

- **Thursday, October 14, 1-2pm**

### Dealing with a Loved One With Mental Illness
Leader: Gary De Groot, Ph.D.

This one-session workshop is designed to examine ways to understand, help, support, and cope with a loved one living with mental illness.

- **Monday, November 15, 3-4pm**
- **Thursday, November 18, 3-4pm**

### Maintaining Self in Relationships
Leader: Brianne DeWitt Goudelock, Ph.D.

Loosely based on the Shel Silverstein book *The Missing Piece Meets the Big O*, this one-session workshop is designed to explore the importance of maintaining a sense of personal identity in romantic relationships and the difficulties and pitfalls associated with enmeshment.

- **Tuesday, November 30, 1-2pm**

### Baggage Claim: Return from Abroad
Leader: Charisma Agonoy Bartlett, Ph.D.

Join us for all or part of this 3-session workshop series exploring the phenomenon of reverse culture shock, cultivating connections with peers and how to integrate your experiences into a new approach to life on campus.

For workshop topics, dates and locations, please call x18202 or your campus Study Abroad Office.