



UCI Counseling Center Workshops



Workshops Do Not Require Prior Sign-Up

****Please note that all workshops are offered remotely at the designated date and times. Workshops will be closed 10 minutes after the start time listed. Workshops are intended for currently enrolled UCI students who are currently located in the state of California. For more information and links to workshops go to: <https://counseling.uci.edu/services/groups.html>**


Surviving to Thriving in 2020 (Weekly)

Click to Join on Mondays 1pm-2pm: <https://uci-hipaa.zoom.us/j/93798049565?pwd=T284aGw1aGNXRm53cThCOGplYW44dz09>

Oct. 12th: Connecting with Self and Others to Reduce Sadness, Isolation, and Loneliness
Oct. 19th: Zoom Fatigue and Daily Routine
Oct. 26th: Focus and Concentration
Nov. 2nd: Anxiety, Pandemic and Politics
Nov. 9th: Procrastination
Nov. 16th: Sleep
Nov. 23rd: Gratitude
Nov. 30th: Connection with Self and Others to Reduce Sadness, Isolation, and Loneliness
Dec. 7th: Grief and Loss

Mindful Self-Care (Weekly)

Click to Join on Tuesdays 4pm-5pm: <https://uci-hipaa.zoom.us/j/96599386790>

Mindful Breathing: Oct. 13th; Nov. 3rd; Nov. 24th
Mindful Stitching: Oct. 20th; Nov. 10th; Dec. 1st
Mindful Body Movement (incorporates Zumba  Movement) : Oct. 27th; Nov. 17th; Dec. 8th

Wellness Workshop Series (Weekly)

Click to Join on Wednesdays 1pm-2pm: <https://uci-hipaa.zoom.us/j/95885852447>

Oct. 7th: Building Self-Esteem
Oct. 14th: Expressive Writing for Self-Care
Oct. 21st: Beating Test Anxiety
Oct. 28th: Overcoming Procrastination
Nov. 4th: Party Smart
Nov. 11th: No workshop in honor of Veteran's Day
Nov. 18th: How to keep your Cool
Nov. 25th: Sleep Hygiene
Dec. 2nd: Managing Stress in all the Right Ways
Dec. 9th: Beating Test Anxiety

Academic Boot Camp

Click to Join on Thursdays 1pm-2pm: <https://uci-hipaa.zoom.us/s/95235939096>

Oct. 15th: Maintaining Motivation (GRADUATE STUDENTS ONLY)
Oct. 22nd: Reducing Avoidance (GRADUATE STUDENTS ONLY)
Oct. 29th: Improving Time Management (GRADUATE STUDENTS ONLY)
Nov. 5th: Maintaining Motivation
Nov. 12th: Reducing Avoidance
Nov. 19th: Improving Time Management
Dec. 3rd: Maintaining Motivation
Dec. 10th: Reducing Avoidance

Graduate Student Workshop Series

Click to Join on Thursdays 4pm-5pm: <https://uci-hipaa.zoom.us/j/94292018704>

Oct. 15th: Stress Management
Oct. 22nd: Imposter Syndrome
Oct. 29th: Time Management
Nov. 5th: Navigating Academic Relationships
Nov. 12th: Stress Management
Nov. 19th: Imposter Syndrome
Dec. 3rd: Time Management
Dec. 10th: Navigating Academic Relationships

Feel Better Fast

Click to Join on Fridays 1-2pm: <https://uci-hipaa.zoom.us/j/92286372950>

Oct. 30th: Managing Stress
Nov. 6th: Prioritizing Your To-Do List
Nov. 13th: Getting ACTIVATED
Nov. 20th: Healthy Relationships
Dec. 4th: Let Go and Be Well