**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](https://counseling.uci.edu/services/groups.html)**

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### Surviving to Thriving in 2020 (Weekly)

- **Click to Join on Mondays 1pm-2pm:** [https://uci-hipaa.zoom.us/j/93798049565?pwd=T284aGw1aGNXRm53cThCOGpiYW44dz09](https://uci-hipaa.zoom.us/j/93798049565?pwd=T284aGw1aGNXRm53cThCOGpiYW44dz09)
  - 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. 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](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](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/j/95235939096](https://uci-hipaa.zoom.us/j/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](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](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