



# UCI Counseling Center Workshops



**Workshops are Drop In and Do Not Require Signing up in Advance**

**\*\*Please note that all workshops are offered remotely at the designated date and times**

## **ACT on It (Weekly)**

**Click to Join on Mondays 1pm-2pm: <https://uci-hipaa.zoom.us/j/157284803>**

- Week 1 Calm Your Worry
- Week 2 Go With the Flow When Life is Out of Control
- Week 3 Building the Perfect Relationship
- Week 4 Move out of Your Funk
- Week 5 How to Talk the Talk
- Week 6 Control and Suffering: an Intro to ACTing on It
- Week 7 Practicing Mindfulness and Acceptance
- Week 8 Being Mindfully Present
- Week 9 No Workshop In Observance of Memorial Day
- Week 10 Taking Committed ACTION
- Week 11 Being Flexible in the Future

## **Wellness Workshop Series (Weekly)**

**Click to Join on Wednesdays 1pm-2pm: <https://uci-hipaa.zoom.us/j/732360906>**

- Week 1 Compassion for the Inner Critic
- Week 2 Party SMART
- Week 3 The Mind Body Connection
- Week 4 Beating Test Anxiety
- Week 5 Managing Stress in all the Right Ways
- Week 6 How to Keep Your Cool
- Week 7 Time Management
- Week 8 Expressive Writing for Self-Care and Wellness: Write Within
- Week 9 Sleep Hygiene
- Week 10 Beating Test Anxiety
- Week 11 Stress Less with Mindfulness

## **Academic Boot Camp (Weeks 5-10)**

**Click to Join on Thursdays 1pm-2pm: <https://uci-hipaa.zoom.us/j/117308275>**

- Weeks 5 (April 30th) & 8 (May 21st) - Improving Motivation
- Weeks 6 (May 7th) & 9 (May 28th) - Approach, Not Avoid
- Week 7 (May 14th) & 10 (June 4th) - Improving Time Management

## **Destress with Yoga (Weeks 4-8)**

**Click to Join on Fridays 10am-11am: <https://uci-hipaa.zoom.us/j/652756848>**

- Week 4 April 24th: Ethics
- Week 5 May 1st: Breath
- Week 6 May 8th: Movement
- Week 7 May 15th: Meditation
- Week 8 May 22nd: Layers of Self

## **Coffee and Cultural Connections Hour (Partnered Event with International Center)**

**Click to Join on Fridays 11am-12pm: <https://uci-hipaa.zoom.us/s/836818076>**

- Week 1 Friday April 3rd: Staying Connected
- Week 3 Friday April 17th: Empower Self, Not to Overwhelm
- Week 5 May 1st: Burnout and Exhaustion
- Week 7 May 15th: Stress Management
- Week 9 May 29th: Open Discussion

**UCI** Counseling  
Center

203 Student Services 1 Building  
949-824-6457  
<https://counseling.uci.edu/>

Workshops are intended for currently enrolled UCI students who are currently located in the state of California