**No Sign-up Required!**

Please note whether the workshop is being offered in-person and remotely at the listed date and times. Workshops will close 10 minutes after the start times listed. Workshops are intended for UCI students who are both currently registered and located in the state of California. For more information and links to workshops go to: https://counseling.uci.edu/services/group-and-workshop-services/

### GRADUATE STUDENT WORKSHOP SERIES

**3:00 PM - 4:00 PM**

**IN-PERSON**

**Location:** GPSRC

- **10/10/22:** Stress Management
- **10/17/22:** Time Management
- **10/24/22:** Imposter Syndrome
- **10/31/22:** Navigating Academic Relationships

**VIRTUAL**

Zoom ID: 930-712-42693

- **11/7/22:** Stress Management
- **11/14/22:** Time Management
- **11/21/22:** Imposter Syndrome
- **11/28/22:** Navigating Academic Relationships

### ACADEMIC BOOTCAMP (ABC)

**11:00 AM - 12:00 PM**

**IN-PERSON**

**Location:** LARC (3700 Anteater Learning Pavilion)

- **10/11/22:** Maintaining Motivation
- **10/18/22:** Reducing Avoidance
- **10/25/22:** Improving Time Management

**VIRTUAL**

Zoom ID: 930-712-42693

- **11/08/22:** Maintaining Motivation
- **11/15/22:** Reducing Avoidance
- **11/22/22:** Improving Time Management

### WELLNESS WORKSHOP SERIES

**1:00 PM - 2:00 PM**

**HYBRID**

In-person @ Counseling Center (Main Office)

Zoom ID: 930-712-42693

- **09/28/22:** Test Anxiety
- **10/05/22:** Mindfulness
- **10/12/22:** Procrastination
- **10/19/22:** Creating a Coping Toolbox
- **10/26/22:** Breathing for Better Health
- **11/02/22:** Understanding Toxic Masculinity
- **11/09/22:** Relationship Skill Toolbox
- **11/16/22:** Fostering Self-Compassion
- **11/23/22:** Why Make Things?
- **11/30/22:** Learning How to Deal with Our Anger

### ONE FOOT OUT DROP-IN GROUP

**3:00 PM - 4:00 PM**

**VIRTUAL**

Zoom ID: 930-712-42693

In partnership with the LGBT Resource Center

A drop-in group for individuals needing support around topics such as: coming out, chosen family, PRIDE, and QTIPOC-related concerns, relationships, and Queer History. This group is being hosted in partnership with the LGBT Resource Center; please go to their website for more information: https://lgbtrc.uci.edu/