

****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/>

MONDAYS

TUESDAYS

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



WEDNESDAYS

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
- 11/9/22: 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

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*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 QTPOC-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/>