

****No Sign-up Required!****

Please note whether the workshop is being offered in-person or remotely at the listed date and times. Workshops will close 10 minutes after their listed start times. These workshops are intended for UCI students who are both currently registered and located in the state of California.

ACADEMIC BOOTCAMP (ABC)

WEDNESDAYS

11:00 AM - 12:00 PM

IN-PERSON

Location: LARC

3700 Anteater Learning Pavilion

1/24/24: Maintaining Motivation

1/31/24: Reducing Avoidance

2/07/24: Improving Time Management

THURSDAYS

1:00 PM - 2:00 PM

VIRTUAL

Zoom ID: 930-712-42693

2/15/24: Maintaining Motivation

2/22/24: Reducing Avoidance

2/29/24: Improving Time Management

WELLNESS WORKSHOP SERIES

WEDNESDAYS

1:00 PM - 2:00 PM

HYBRID

In-person: Counseling Center Main Office
203 Student Services 1

Zoom ID: 930-712-42693

1/10/24: Communication Skills for Healthy Relationships

1/17/24: Test Anxiety

1/24/24: Managing Stress

1/31/24: Mindfulness, Self Compassion, and Gratitude

2/07/24: Grief and Loss

2/14/24: Self Love and Self Compassion

2/21/24: Procrastination

2/28/24: Body Neutrality

3/06/24: Making Perfectionism Work For You

3/13/24: Got Sleep? Increasing Quality & Amount of Restful Sleep

GRADUATE STUDENT WORKSHOP SERIES

THURSDAYS

4:00 PM - 5:00 PM

VIRTUAL

Zoom ID: 930-712-42693

2/01/24: Stress Management

2/08/24: Imposter Syndrome

2/15/24: Time Management

2/22/24: Burnout and Self-Care

SCAN ME!

