**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
4/17/24: Maintaining Motivation
4/24/24: Reducing Avoidance
5/01/24: Improving Time Management

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

**VIRTUAL**
Zoom ID: 930-712-42693
5/07/24: Maintaining Motivation
5/14/24: Reducing Avoidance
5/21/24: 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
4/03/24: Navigating Challenges as an Emerging Adult
4/10/24: Mental Health Spring Cleaning
4/17/24: Who am I? Understanding our Identities
5/01/24: Express Yourself: Using Creativity for Self-Care
5/08/24: Fostering Self-Compassion
5/15/24: ABC’s of Mindfulness
5/22/24: Grief and Loss
5/29/24: Healing the Inner Child
6/05/24: Understanding Toxic Masculinity
6/12/24: Living by Our Values

## GRADUATE STUDENT WORKSHOP SERIES

**THURSDAYS**
4:00 PM - 5:00 PM

**VIRTUAL**
Zoom ID: 930-712-42693
4/25/24: Stress Management
5/02/24: Imposter Syndrome
5/09/24: Time Management
5/16/24: Burnout and Self-Care

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203 Student Services 1, Irvine, CA 92697-2200, 949.824.6457