

****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

1:00 PM - 2:00 PM

IN-PERSON

Location: LARC

3700 Anteater Learning Pavilion

10/09/24: Maintaining Motivation

10/16/24: Reducing Avoidance

10/23/24: Improving Time Management

WEDNESDAYS

1:00 PM - 2:00 PM

VIRTUAL

Zoom ID: 913-159-66286

11/06/24: Maintaining Motivation

11/13/24: Reducing Avoidance

11/20/24: 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

10/02/24: Let's Talk About Sex Series 1

10/09/23: Let's Talk About Sex Series 2

10/16/24: Let's Talk About Sex Series 3

10/23/24: Adjusting to a New Environment

10/30/24: Managing Stress in the Right Way

11/06/24: Managing Motivation

11/13/24: Understanding Toxic Masculinity

11/20/24: ABC's of Mindfulness

11/27/24: No Workshop

12/04/24: How (and why) to Let go of Perfectionism

GRADUATE STUDENT WORKSHOP SERIES

TUESDAYS

4:00 PM - 5:00 PM

IN-PERSON (various housing locations)

10/29/24: Imposter Syndrome (Verano Place)

11/12/24: Stress Management (Verano Place)

11/19/24: Burnout and Self-Care (Campus Village)

12/03/24: Breaking Procrastination (Campus Village)

