

****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)

TUESDAYS

1:00 PM - 2:00 PM

IN-PERSON

Location: LARC

3700 Anteater Learning Pavilion

4/8/25: Maintaining Motivation

4/15/25: Reducing Avoidance

4/22/25: Improving Time Management

TUESDAYS

1:00 PM - 2:00 PM

VIRTUAL

Zoom ID: 913-1596-6286

4/29/25: Maintaining Motivation

5/6/25: Reducing Avoidance

5/13/25: 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

4/2/25: LGBTQ+ Experiences on Social Media

4/9/25: Time Management & Boundaries

4/16/25: Rest & Recharge: Habits for Restorative Sleep

4/23/25: Knowing Yourself: Identity, Culture, and Mental Health

4/30/25: Imposter Syndrome

5/7/25: How can Men be better allies to Women

5/14/25: Let's Talk about Sex: Exploring Identity

5/21/25: Let's Talk about Sex: Exploring Relationships

5/28/25: Let's Talk about Sex: Social Media and Relationships

6/4/25: Ways to Improve Executive Functioning

GRADUATE STUDENT WORKSHOP SERIES

VARIOUS HOUSING LOCATIONS

4:00 PM - 5:00 PM

IN-PERSON

4/22/25: Breaking the Procrastination Habit: Maximizing Graduate Student Success (Verano Lounge)

5/13/25: Stress Management (Campus Village Atlantis Room)

5/20/25: Burnout and Self-Care (Palo Verde Community Room)

