

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

Please note whether the workshop is being offered in-person or virtually 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)

THURSDAYS

1:00 PM – 2:00 PM

IN-PERSON

Location: 3700 ALP

2/12/26: Maintaining Motivation

2/19/26: Reducing Avoidance

2/26/26: 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

1/7/26: ABC's of Mindfulness

1/14/26: Building Self-Esteem

1/21/26: Happiness: Positive Psychology's
Lessons on Flourishing

1/28/26: Self-Soothing Toolbox

2/4/26: Loss and Grief

2/11/26: Living By Your Values

2/18/26: Sleep, Rest, & Dreams

2/25/26: Healthy Relationship with Food

3/4/26: Managing Motivation

3/11/26: Conflict Resolution

GRADUATE STUDENT WORKSHOP SERIES

VARIOUS HOUSING LOCATIONS

4:00 PM – 5:00 PM

IN-PERSON

1/15/26: Time Management (Campus Village Community Center)

2/19/26: Approaching Difficult Conversations (Palo Verde Community Center)

3/12/26: Stress Management (Verano Community Center)

