

Spring 2025

Skill-Building Workshops



CAAP (creating alternative alcohol plans)

counselingcenter.illinois.edu/CAAP

Students can register by phone at 217-333-3704.

Tue, Jan 28 | 5–6:30 PM

Thurs, Feb 13 | 5–6:30 PM

Mon, Feb 17 | 4:30–6 PM

Fri, Feb 28 | 4–5:30 PM

Wed, Mar 12 | 5:30–7 PM

Thurs, Mar 27 | 5–6:30 PM

Mon, Apr 7 | 4:30–6 PM

Tue, Apr 15 | 5–6:30 PM

Wed, Apr 23 | 5:30–7 PM

Mon, Apr 28 | 4:30–6 PM

Tue, May 6 | 5–6:30 PM



EVERYbody Project

counselingcenter.illinois.edu/EBP

Students can register for a 2-part workshop by scanning the QR code or visiting our website.

Tue: Mar 4 & 11

4:30-6 PM | 807 S. Wright St., Rm 503

Wed: Apr 16 & 23

4:30-6 PM | 807 S. Wright St., Rm 503



InFocus

counselingcenter.illinois.edu/InFocus

Students can register for a 4-week workshop by scanning the QR code or visiting our website. A self-paced version is also available.

Session 1 | Tue: Feb 11, 18, 25, Mar 4
4-5:30 PM | Zoom

Session 2 | Fri: Apr 4, 11, 18, 25
9:30-11 AM | OVCDEI, Rm 3070



MIC (marijuana information class)

counselingcenter.illinois.edu/MIC

Students can register by phone at 217-333-3704.

Mon, Feb 3 | 4:30-6 PM

Tue, Mar 4 | 5-6:30 PM

Wed, Apr 2 | 5:30-7 PM

Thurs, May 1 | 5-6:30 PM



Perfectionism

counselingcenter.illinois.edu/Perfectionism

Students can register by scanning the QR code or visiting our website.

Session 1 | Fri: Feb 7 & 14
1:30-2:30 PM | Zoom

Session 2 | Thurs: Apr 10 & 17
5-6 PM | Engineering Hall, Rm 212





RIO (recognition, insight, and openness)

counselingcenter.illinois.edu/RIO

Students can register by scanning the QR Code or visiting our website.

Fri, Jan 31 & Feb. 7 | 3 PM |

Lincoln Hall, Rm 2043

Tue, Feb 4 & 11 | 6 PM | Zoom

Wed, Feb 12 & 19 | 3 PM |

DGS, Rm 503

Mon, Feb 17 & 24 | 5 PM |

Education Bldg, Rm 192

Thurs, Mar 6 & 13 | 4 PM |

Architecture Bldg, Rm 210A

Mon, Mar 24 & 31 | 6 PM | Zoom

Thurs, Apr 3 & 10 | 3 PM | DGS, Rm 503

Thurs, Apr 10 & 17 | 4 PM | BIF, Rm 1041

Weds, Apr 23 & 30 | 6 PM | Zoom

Mon, Apr 28 & May 5 | 4 PM |

Huff Hall, Rm 3019



Social Skills

counselingcenter.illinois.edu/social-skills-workshop

Students can register by scanning the QR Code or visiting our website.

Mon: Feb 17 & 24, Mar 3 & 10

4-5 PM | OVCDEI, Rm 3070

Fri: Mar 28, Apr 4, 11, 18

1-2 PM | OVCDEI, Rm 3070



Test Anxiety

counselingcenter.illinois.edu/TestAnxiety

Students can register by scanning the QR code or visiting our website.

Tue, Feb 4 | 5-6 PM | Zoom

Mon, Feb 17 | 4-5 PM | Zoom

Tue, Mar 11 | 5-6 PM | DGS 514

Mon, Mar 31 | 4-5 PM |

Engineering Hall 212

Tue, Apr 15 | 5-6 PM | ISR 50B

Mon, Apr 28 | 4-5 PM | DGS 514



Time Management

counselingcenter.illinois.edu/time-management

The self-paced, online Time Management workshop will help students reflect on how they prioritize, learn task-management and motivation strategies, and understand the importance of self-care and allowing yourself breaks.

Students can register by scanning the QR code or visiting our website.



Tuesday@7

counselingcenter.illinois.edu/tuesday-at-7

Students can attend any Tuesday@7 workshop without having to register. For topics and locations, please scan the QR code or visit our website.