spring 2022 workshops
presented by
Counseling Center Paraprofessionals
students helping students

February
February 8  CCP’s Declassified College Survival Guide @ Zoom*
February 15  Can I Speak to Your Time Manager? @ Zoom*
February 22  Love the Skin You’re In: Managing Body Image Concerns @ Zoom*

March
March 1  Getting Degreed without Anxiety in the Lead @ Zoom*
March 8  Mental Health Crash Course @ Zoom*
March 22  C.O.L.L.E.G.E.—The One About Friends @ Zoom*
March 29  Achieving Wellness Just for the Health of It @ Illini Union 407

April
April 5  Managing the Harmful Effects of Social Media @ Lincoln Hall 1022
April 12  Don’t Be Shocked...It’s Culture @ Noyes 157
April 19  Substitutes for Substance Use @ Gregory Hall 311
April 26  Burnout & How to Rekindle the Flame: College Edition @ English 160

*To access workshops on Zoom, enter meeting ID 868 8797 8896 (Password: tues7)