OUTREACH WORKSHOPS

Attention all Cardinals!!!! Outreach Workshops are offered throughout the spring semester are open to ALL STUDENTS on campus. These workshops are designed to help you learn how to be more resilient so that you can feel better equipped to face the challenges of balancing academics, work, social life, and self-care. You can attend as many workshops as you want for FREE! Don’t want to come alone? Don’t worry, bring some friends! We hope to see you soon!!!!

Spring 2020 Schedule

Workshops will be offered multiple times each week at several locations on campus. Below you will find information about each of our workshop topics as well as when/where they will be taking place this semester. Questions? Please email us at CounselCtr@bsu.edu.

- Mind Traps-- learn skills to better manage your negative thoughts in a healthy and effective way
  ◊ Tues 1/7 11AM (BL215); Wed 1/29 4PM (SC Pineshelf Rm); Thurs 2/6 2PM (BL215); Wed 2/26 4PM (SC Pineshelf Rm); Wed 3/25 4PM (SC Pineshelf Rm); Thurs 4/9 2PM (BL215); Thurs 4/16 2PM (BL215); Tues 4/29 11AM (BL215)

- Building Positive Emotion--learn skills to bring more positivity into your daily life
  ◊ Thurs 1/16 2PM (BL215); Thurs 2/13 2PM (BL215); Tues 3/10 11AM (BL215); Tues 3/24 11AM (BL215); Tues 3/31 11AM (BL215); Tues 4/21 11AM (BL215)

- Combating Self-Criticism-- learn skills to accept yourself and be less judgmental of your thoughts
  ◊ Thurs 1/9 2PM (BL215); Wed 1/22 4PM (SC Pineshelf Rm); Wed 2/5 4PM (SC Pineshelf Rm); Thurs 2/27 2PM (BL215); Thurs 3/26 2PM (BL215); Wed 4/15 4PM (SC Pineshelf Rm); Tues 4/29 11AM (BL215)

- Healthy Boundaries—learn how to set and communicate appropriate and healthy limits in relationships
  ◊ Tues 1/14 11AM (BL215); Tues 1/28 11AM (BL215); Wed 2/19 4PM (SC Pineshelf Rm); Wed 3/18 4PM (SC Pineshelf Rm); Tues 4/7 11AM (BL215)

- Healthy Coping—learn how to identify the difference between healthy and unhealthy coping skills and how to increase the use of healthy coping in your daily life
  ◊ Wed 1/8 4PM (SC Pineshelf Rm); Thurs 1/30 2PM (BL215); Tues 2/11 11AM (BL215); Thurs 2/20 2PM (BL215); Tues 3/17 11AM (BL215); Wed 4/8 4PM (SC Pineshelf Rm); Thurs 4/23 2PM (BL215)

- Managing Anxiety & Depression—learn about anxiety and depressive symptoms and how to create a plan to manage symptoms in a healthy way
  ◊ Wed 1/15 4PM (SC 310-A); Thurs 1/23 2PM (BL215); Tues 2/18 11AM (BL215); Thurs 3/12 2PM (BL215); Thurs 4/2 2PM (BL215); Tues 4/28 11AM (BL 215)

- Mindfulness— learn skills to help manage stress by being present in the current moment
  ◊ Tues 1/21 11AM (BL215); Wed 2/12 4PM (SC Pineshelf Rm); Wed 3/11 4PM (SC Pineshelf Rm); Wed 4/1 4PM (SC Pineshelf Rm); Wed 4/22 4PM (SC Pineshelf Rm)

- Self-Esteem—understand what self-esteem is, how to improve self-esteem, and recognize negative rules and assumptions
  ◊ Tues 2/4 11AM (BL215); Tues 2/25 11AM (BL215); Thurs 3/19 2PM (BL215); Tues 4/14 11AM (BL215)

If the workshops don’t fit into your schedule, don’t worry! Here are some other resources to consider:

- Resource & Relaxation Room: This drop-in space is located in the Counseling Center (Room 310) and is open during business hours (M-F 8-5). It provides students with access to massage chairs, light therapy, self-help materials, and a free condom shop.

- WellTrack: A self-help app that can be accessed from your phone, tablet, or computer. It provides tools and tips to begin making positive life changes. You can access WellTrack from our website (https://www.bsu.edu/campuslife/counselingcenter).