

COUNSELING DEPARTMENT



Fall 2025

9/16 Adjusting to College: The Things No One Told You

- Whether you're straight out of high school or returning to school after many years, success in college depends on adapting to change and building new skills. Navigating the demands of this new environment will be explored.

9/23 Success in Online Courses

- Success in the online environment depends on prioritization, organization, consistent time management, and active engagement. Come and learn what it takes to be successful in distance education.

9/30 Test-Taking Skills for the Health Sciences

- Effective test-taking strategies contribute to greater productivity, higher grades and less stress. This workshop presents a systematic, research-based approach for taking tests. Practical strategies will be provided to improve testing outcomes on health science exams. Bring sample questions.

SEPTEMBER

10/7 Study Skills for the Health Sciences

- Learning how to study for health sciences exams is key to success. Join us for an overview of proven study strategies that can be applied to your learning.

10/14 Time Management

- There are 168 hours in a week. With classes, activities, study, and free time, planning becomes essential to get things done. Practical strategies will be presented for managing your time and your success.

10/21 Test-taking Skills

- Effective test-taking strategies contribute to greater productivity, higher grades and less stress. This workshop on general test-taking strategies presents a systematic, research-based approach for taking tests. Practical strategies will be provided to improve testing outcomes on all types of exams.

10/28 Test Anxiety

- Feeling nervous about exams is normal. However, extreme feelings of anxiety before and during an exam can have undesirable results. Managing test anxiety is a skill you can learn. Join us for an exploration of the symptoms, causes and management of test anxiety.

OCTOBER

11/4 Health Science Programs Admission Process

- This seminar will clarify the application and admission process to all of the Health Science Programs. Bring your questions.

11/11 Math Anxiety, Study Skills, & Test-taking Techniques

- Does math make you anxious? You're not alone! This seminar will provide students with the information and skills necessary to manage and overcome their math anxiety, including study and test taking skills.

11/18 WebAdvisor Self-service Review for Registration

- Registration for next semester is quickly approaching. Have you forgotten how to register? This seminar will refresh your memory on how to get registered for next semester. Bring your laptop.

NOVEMBER

12/2 Stress Management and Self-care

- The experience of stress is universal - it is part of being alive! Managing stress begins with self-care and developing a healthy response to stress will serve you well throughout your life. Stress management and self-care techniques will be offered.

12/9 Make Friends With Your Vagus Nerve

- The Vagus Nerve is a darling of the all-natural healing crowd. It is often called "the key to well-being," "your superhighway to health," and even "the physical manifestation of the soul." Learn to reset this nerve through a series of routine interventions.

12/16 "Tapping" For Stress Management

- Emotional Freedom Techniques, also known as EFT or simply "Tapping," is an evidence-based treatment for stress, anxiety, chronic pain, emotional problems, addictions, fears & phobias, PTSD, and so many other conditions. Come and learn to use this powerful technique to help you manage your stress of the end of the semester.

DECEMBER

TIME & LOCATION: NOON TO 1:30, MAN 105



Contact us: 732-224-1822

