



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center Tuesday @ 7 Workshops

During the academic year, Counseling Center Paraprofessionals (CCP) lead workshops for students. These workshops offer strategies and interventions for being your best academically, psychologically, and socially. CCPs are trained undergraduate students with firsthand experience managing many of the challenges Illinois students face.

Fall 2022 Tuesday @ 7 Schedule

8/30: Getting a S.M.A.R.T. Start: Managing Your Time to Dominate the Year
@ Illini Union 407

9/6: Ravioli, Ravioli, Give Me Friendshipoli: Starting & Maintaining Healthy Friendships
@ Lincoln 1092

9/13: Spilling the AnxieTEA: Coping with Stress and Worry @ Engineering Hall 106B1

9/20: There's an Imposter Among Us: Dealing with Imposter Phenomenon @ SDRP 2025A

9/27: The City that Never Procrastinates: Strategies to Avoid Procrastination @ Edu. Bldg. 162

10/4: The Suite Life on Campus: Managing Healthy Relationships & Conflict @ BIF 1041

10/11: At the Bar or the Pregame: Strategies for Safe Substance Use Without Shame @ DKH 317

10/18: Don't Stop Believing in Yourself: Learning Self-Compassion @ Zoom*

10/25: Mirror, Mirror on the Wall: Addressing Body Image @ Zoom*

11/1: Mental Playground: Coping with Childhood Trauma @ Zoom*

11/8: Feeling the Burn? Let's Talk About Burnout @ Zoom*

11/15: You've Got a Friend in Me: Supporting a Friend Who's Struggling @ Zoom*

11/29: Got the Blues? Slaying Seasonal Depression @ Zoom*

12/6: Motivation...Where Art Thou? Finding Motivation in the Midst of Finals @ Zoom*

***Information to access Zoom Tuesday @ 7 sessions is below. Please make sure you're logging in with your Illinois Net ID and password.**

Zoom ID: 815 8402 9604

Password: 459085

Counseling Center

Student Services Building, Room 206

610 E. John Street, Champaign

217-333-3704

counselingcenter.illinois.edu

