

tuesday  
@  
seven

# spring 2022 workshops

presented by  
Counseling Center Paraprofessionals  
students helping students

## February

February 8

February 15

February 22

CCP's Declassified College Survival Guide @ Zoom\*

Can I Speak to Your Time Manager? @ Zoom\*

Love the Skin You're In: Managing Body Image Concerns @ Zoom\*

## March

March 1

March 8

March 22

March 29

Getting Degreed without Anxiety in the Lead @ Zoom\*

Mental Health Crash Course @ Zoom\*

C.O.L.L.E.G.E.—The One About Friends @ Zoom\*

Achieving Wellness Just for the Health of It @ Illini Union 407

## April

April 5

April 12

April 19

April 26

Managing the Harmful Effects of Social Media @ Lincoln Hall 1022

Don't Be Shocked...It's Culture @ Noyes 157

Substitutes for Substance Use @ Gregory Hall 311

Burnout & How to Rekindle the Flame: College Edition @ English 160

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



Student Affairs

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