

Request received/ Date \_\_\_\_\_

Request responded/ Date \_\_\_\_\_

Assigned to: \_\_\_\_\_

## Student Wellness Center / Room A-108 (offices E & F)

### REQUEST FOR WORKSHOPS

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Instructor's name: \_\_\_\_\_ Extension: \_\_\_\_\_ Mail Code: \_\_\_\_\_

Class: \_\_\_\_\_ Section: \_\_\_\_\_ Email: \_\_\_\_\_

Room number: \_\_\_\_\_ #of Students in class: \_\_\_\_\_ Smart Board: Y/N

**Please, indicate workshop(s) requested with a check mark, and specify your preferred date and time:**

**Short description of each workshop is on the back of the form.**

- |  |                    |
|--|--------------------|
| <input type="checkbox"/> Making Time for Stillness (Mindfulness)               | Date & Time: _____ |
| <input type="checkbox"/> Adjustment to College & Building Resilience           | Date & Time: _____ |
| <input type="checkbox"/> Finding Your Element: Resilience, Motivation & Growth | Date & Time: _____ |
| <input type="checkbox"/> How to Succeed in Math                                | Date & Time: _____ |
| <input type="checkbox"/> Keeping on Track!                                     | Date & Time: _____ |

If you are interested in a workshop(s) that has not been listed, please indicate the workshop(s) below.

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Please indicate how you heard about this service:

- Interoffice mail
- Email
- Student Wellness Center Website
- Department Chairperson
- Counselor
- Other (Please specify): \_\_\_\_\_

**All workshop requests must be submitted at least 2 weeks in advance of the date of the workshop. Due to high volume, only one workshop is allowed per class and professors are expected to be present on the day of the workshop.**

**Thank you!**

Please return to: **Ilona Fridson, LCSW, Program Manager, Student Wellness Center**  
Phone: **x5996** Fax: **x5057** Email: **Ilona.Fridson@kbcc.cuny.edu**

### **Making Time for Stillness (Mindfulness)**

College students are often under a significant amount of pressure and tend to experience high levels of anxiety and stress. Learning about alternative meditative approaches will help students to focus on the present moment and reduce anxiety and stress levels. During this workshop, students will explore mindfulness by practicing some techniques and learning how to apply those techniques.

### **Adjustment to College & Building Resilience**

This workshop focuses on the first year of the college experience which can be life changing and stressful for many incoming students. The goal of this workshop is to provide an environment where students can learn and discuss their transition thus far and notions about the college life experience. Exploring resilience which means 'bouncing back' from stressful situations as well as maintaining healthy lifestyles will also be incorporated.

### **Finding Your Element: Resilience, Motivation, & Growth**

Some students have the ability to improve their academic skills, but lack the motivation to perform under stress. This workshop can help students identify their strengths and learn how to overcome their weaknesses. Tips on increasing motivation will be provided along with a discussion on resilience and success.

### **How to Succeed in Math**

For many students, math produces feelings of dread and anxiety. Math anxiety is a common and sometimes serious problem: it causes students' minds to go blank and their reasoning skills to be blocked by anxiety or even panic. The workshop will help students to explore their own experience with math throughout their lives and educate students about the many different ways to succeed in math. The workshop will teach students various study techniques and will offer tips on learning positive thinking prior, during, and after the test. Students will have an opportunity to share their own helpful hints and learn some new information from the facilitator. Follow up for students will be offered through the Student Wellness Center office.

### **Keeping on Track!**

For many students, time management is extremely difficult and they find themselves falling into negative procrastination. It is important to note that not all procrastination is negative. It is difficult to balance out daily life responsibilities with school work. Learning how to manage time in effective ways can aid students to succeed! No one enjoys stressing over getting work done the night before! Working on classwork at their own pace, can allow a student to get more thoughtful work done while also meeting their other responsibilities. The goal of the workshop is to aid students in discovering the tools necessary to manage their time, and normalize their procrastination. Tips will be given on how to personally schedule class work, other responsibilities, and prioritizing. This workshop will not only show students the benefits of time management, but aid them in discovering how they can learn to manage their time and their responsibilities. Such benefits include, but are not limited to: stress reduction, accomplishing goals, increased energy, increased productivity, and overall, better health!