



**Fall
2018**

**Mid-Valley Campus
WORKSHOPS**



September 18 th	4pm	Counseling & Student Disability Services	G171	Dr. Melissa Martinez
September 19 th	4pm	Adjusting to College Life	G174	Diana Hernandez
September 26 th	11am	Overview of Counseling & Disability Services	H104	Diana Hernandez
September 27 th	4pm	Juggling Multiple Roles	G171	Dr. Melissa Martinez
October 4 th	9:30-12:30pm	Depression Screening	Bldg. G Atrium	Diana/Melissa
October 9 th	2pm	Goal Setting	G171	Diana Hernandez
October 10 th	9:30-12:30pm	Building Healthy Relationships Screening	Bldg. G Atrium	Diana/Melissa
October 11 th	4pm	Creative Visualization	G171	Dr. Melissa Martinez
October 15 th	10am	Positive Social Supports	H102	Joel Ruiz
October 16 th	4pm	Anger Management	G171	Dr. Melissa Martinez
October 17 th	2pm	Learning Styles and Study Skills	G173	Diana Hernandez
October 23 rd	11pm	Habits of Highly Successful College Students	H102	Diana Hernandez
October 23 rd	4pm	Stress Management	G171	Dr. Melissa Martinez
November 6 th	2pm	Life after Loss: Coping with Grief	G171	Diana Hernandez
November 7 th	4pm	Improving our Self Esteem	G174	Dr. Melissa Martinez
November 13 th	10am	Reducing Anxiety	H102	Joel Ruiz
November 14 th	4pm	Overcoming Test Anxiety	G174	Dr. Melissa Martinez
November 15 th	2pm	Stress Management & Relaxation Techniques	G171	Diana Hernandez
November 27 th	10am	Sleep Hygiene	H102	Joel Ruiz
November 29 th	9:30-12:30pm	National AIDS Awareness Day	Building G Atrium	Diana/Melissa

STATEMENT OF EQUAL OPPORTUNITY: No person shall be excluded from participation in, denied the benefits of, or be subjected to discrimination under any program or activity sponsored or conducted by South Texas College on the basis of race, color, national origin, religion, sex, age, veteran status, or disability. Individuals with disabilities requiring assistance or access to receive these services should contact Counseling and Student Disability Services at 872-2173. Produced by CSDS on 8-2018.