

COUNSELING AND STUDENT DISABILITY SERVICES-PECAN CAMPUS

FALL 2018

WORKSHOPS & MENTAL HEALTH SCREENINGS



SEPTEMBER 13 TH	2 PM	ACCESSIBLE PARKING AND DISABILITY AWARENESS	
September 17 th	10 AM	Title IX: Pregnant and Parenting Basics	Mari Martinez
September 18 th	10 AM	Goal Setting	Sonia Rivera
September 19 th	1 PM	Choosing a Career	Liz Diaz
September 20 th	11 AM	Anger Management	Claraly Peña-Leal
September 20 th	2 PM	What is Title IX?	Mari Martinez
September 24 th	10 AM	The Great Balance: Parenthood, Work & School	Angela Doñes
September 25 th	4 PM	Dealing With Change	Ashley De Los Santos
September 26 th	2 PM	Managing Time for College Success	Liz Diaz
September 26 th	3 PM	Improving Self-Esteem	Sonia Rivera
September 27 th	2 PM	Time Management	Claraly Peña-Leal
September 28 th	9 AM	Take Charge of Your Mental, Physical & Emotional Health	Angela Doñes
OCTOBER		DOMESTIC VIOLENCE AWARENESS DAY, TBA	
OCTOBER 2 ND	9:30 AM	ACCESSIBLE PARKING AND DISABILITY AWARENESS	
October 2 nd	2 PM	Wellness, Health and Nutrition	Claraly Peña-Leal
October 4 th	1 PM	Tips for a Successful Transfer	Liz Diaz
October 8 th	10 AM	Food Pantry: College & Community Resources	Mari Martinez
October 9 th	2 PM	It's More Than the Blues: Depression & Mental Health	Claraly Peña-Leal
October 10 th	10 AM	Stress and Anxiety	Angela Doñes
OCTOBER 10 TH	11 AM-1 PM	DISABILITY AWARENESS DAY & HEALTH FAIR, BUILDING H	
OCTOBER 11 TH	11 AM-1 PM	COLLEGE RESPONSE'S NATIONAL DEPRESSION SCREENING DAY, TBA	
October 11 th	2 PM	Understanding The Americans Disabilities Act	Sonia Rivera
October 15 th	10 AM	Mental Health Awareness	Angela Doñes
October 16 th	2 PM	How Does Title IX: Pregnant and Parenting Affect my Financial Aid?	Mari Martinez
October 17 th	9 AM	Lets Make Self-Care a Lifestyle!	Ashley De Los Santos
October 18 th	1 PM	Memory Skills	Liz Diaz
October 24 th	10 AM	Communication Skills	Sonia Rivera
October 29 th	1 PM	Relationships 101	Ashely De Los Santos
November 1 st	11 AM	Cyber Harassment	Claraly Peña-Leal
November 1 st	1:30 PM	Communication Skills: For the Title Student	Mari Martinez
November 6 th	10 AM	Strategies for Academic Success	Angela Doñes
November 6 th	11 AM	How's Your Self-Esteem?	Claraly Peña-Leal
November 6 th	3 PM	Time Management	Sonia Rivera
NOVEMBER 7 TH	3:30 PM	ACCESSIBLE PARKING AND DISABILITY AWARENESS	
November 8 th	1 PM	Key Strategies for Academic Success	Liz Diaz
November 12 th	3 PM	Social Anxiety	Ashley De Los Santos
November 13 th	9 AM	The Importance of Goal Setting	Angela Doñes
November 13 th	10 AM	Tackling Test Anxiety	Sonia Rivera
November 21 st	2 PM	Building Self-Confidence	Liz Diaz
November 28 th	11 AM	Title IX: Pregnant and Parenting Basics	Mari Martinez
November 29 th	8:30 AM	Overcoming Test Anxiety	Ashley De Los Santos
December 3 rd	11 AM	Suicide: Let's Talk About it	Claraly Peña-Leal
December 3 rd	2 PM	Food Pantry: College and Community Resources	Mari Martinez
DECEMBER 4 TH	9 AM	ACCESSIBLE PARKING AND DISABILITY AWARENESS	
December 4 th	10 AM	Tips for Academic Success	Angela Doñes
December 4 th	2 PM	Managing Stress	Sonia Rivera
December 5 th	1 PM	How Important is your GPA?	Liz Diaz

Location: Counseling and Student Disability Services, Pecan Campus, Building K 2.900

SPACE IS LIMITED! For more information, call 956-872-2173.

CSDS Website: <http://studentservices.southtexascollege.edu/counseling/>

