



**Fall
2018**

**STARR CAMPUS
WORKSHOPS & EVENTS**



Monday, September 17 th	1:30 PM	Motivation: The Key to Success in College	Zeyda De La O	E1.210
Tuesday, September 18 th	3:00 PM	How to Set and Achieve your Goals	Mara Garcia	E1.210
Tuesday, September 25 th	2:30 PM	Self-Awareness	Zeyda De La O	E1.202
Wednesday, September 26 th	2:30 PM	Effective Study Skills for Super Busy Students	Mara Garcia	E1.302
Wednesday, October 3 rd	3:00 PM	Grit and Resiliency	Zeyda De La O	E1.302
Wednesday, October 10 th	10:00 AM	Depression & Anxiety Screening		Bldg. E Hallway
Monday, October 15 th	3:30 PM	Understanding & Moving Passed Depression	Mara Garcia	E1.202
Tuesday, October 16 th	10:00 AM	Domestic Violence Awareness		Bldg. E Hallway
Wednesday, October 24 th	3:00 PM	Self-Compassion Vs Self-Esteem	Zeyda De La O	E1.302
Tuesday, October 30 th	1:30 PM	The Value of GPA on your Future Success	Mara Garcia	E1.210
Monday, November 5 th	3:00 PM	Relaxation Techniques	Mara Garcia	E1.202
Wednesday, November 7 th	2:30 PM	Grief	Zeyda De La O	E1.302
Wednesday, November 14 th	1:00 PM	Mindfulness Techniques for Stress Reduction	Zeyda De La O	E1.210
Monday, November 26 th	2:30 PM	Got Stress? Use it to your advantage!	Mara Garcia	E1.202
Monday, December 3 rd	1:30 PM	Ways to Take Care of your Mental Health	Mara Garcia	E1.202
Tuesday, December 4 th	3:00 PM	Self- Assessment Workshop	Zeyda De La O	E1.202
TBA		Starr County Toy Drive		Bldg. E Hallway

For more information contact: (956) 488-5853 or at marag1@southtexascollege.edu
 CSDS Website: <https://studentservices.southtexascollege.edu/counseling/>