



WORKSHOPS FOR COE STUDENTS

WINTER 2021

STRATEGIES TO IMPROVE ATTENTION AND FOCUS MONDAY, FEBRUARY 1, 2021 FROM 2-3PM

This interactive virtual CAPS workshop for CoE students, will use small group/partner discussions to help you better understand why you may be having difficulty concentrating on academics and identify strategies to help improve attention and focus. Register at: <https://tinyurl.com/y5vdmwaj>

FINDING MOTIVATION DURING THE COVID-19 PANDEMIC TUESDAY, FEBRUARY 2, 2021 FROM 1-2:30PM

In the midst of COVID-19, we are all finding it challenging to stay motivated and work towards our goals, whether they be academic or personal. This highly interactive virtual CAPS workshop for CoE students, will utilize small group/partner discussions, in addition to self-reflection, to help you identify strategies to increase your motivation during the pandemic, while also engaging in self-care. Register at: <https://tinyurl.com/y4a2rp5r>

STRATEGIES TO STOP PROCRASTINATING AND BETTER MANAGE TIME WEDNESDAY, FEBRUARY 10, 2021 FROM 1:30-3PM

If you find yourself constantly procrastinating coursework, having a difficult time starting projects, and wasting time, then this virtual CAPS workshop for CoE students is for you! This interactive workshop will help you understand why you procrastinate, how to stop the procrastination cycle, and learn different strategies to better manage your time. Register at: <https://tinyurl.com/y2zkcu4e>



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#ANXIETYTOOLBOX WORKSHOP SERIES

MONDAY, FEBRUARY 15, 22, & MARCH 1, 2021 FROM 1-2:30PM

This three part virtual CAPS workshop series will help CoE students understand and better manage their anxiety and how to integrate anxiety management strategies into their daily life. The first 60 minutes of the workshop will focus on providing students with information about anxiety and the last 30 minutes of the workshop is optional, and will provide students with additional time to practice the various skills discussed during each workshop. In order to register, students must be able to attend all three workshops (day/time listed above). Register at: <https://tinyurl.com/yxj722mg>

BALANCING GAMING WITH ACADEMICS

WEDNESDAY, FEBRUARY 24, 2021 FROM 3-4PM

Playing video games is a wonderful way to connect with others, destress and relax, and engage in friendly competition. However, there may be moments when you lose track of time while gaming and notice that you are spending less time on academics or neglecting other aspects of your life. This interactive virtual CAPS workshop for CoE students will help you better understand the role of gaming in your life and help you limit your playing time, to help you reap the benefits of gaming, while avoiding/limiting the repercussions. Register at: <https://tinyurl.com/y3onhwyx>

MINDFULNESS WORKSHOP SERIES

MONDAY MARCH 15, 22, & 29, 2021 FROM 3-4PM

This three part CAPS Mindfulness Workshop Series is for CoE students wanting to learn about mindfulness and cultivate their own mindfulness practice. In order to register, students must be able to attend all three sessions (date/time above). Register at: <https://tinyurl.com/y5xhjvws>