Managing the World As It Is
Feeling like your options and opportunities are limited? Learn how to manage stress, barriers and demands of today’s society while succeeding in school as a student of color.
Wednesdays at 3:30: 10/7, 11/4, 11/25

Envisioning Success
Use art to help solidify your goals for this semester and beyond. Unlock the steps to your future by creating a Vision Board. No artistic talent necessary.
Wednesdays at 3:30: 10/21, 11/18, 12/9

Time and Stress Management
Learn how to manage time more efficiently to lower your stress level. Have more time for friends, school and fun!
Wednesdays @ 3:30: 9/30, 10/28, 12/2

Perfectionism and the Myth of Self Esteem
Always worried about making the grade? Worried you’re not good enough? Learn how to harness your strength to improve personal and academic success.
Wednesdays @ 3:30: 10/14, 11/4, 11/25

The Counseling Center
Old Gym Building Room 114
718-960-8761