ONE-SESSION SEMINARS

The end of the semester can be a stressful time. The BSU Counseling Center is here to help! We will be offering one-session seminars throughout the last two weeks of the semester that are open to anyone on campus. A first appointment with a therapist is NOT necessary to participate. These seminars will provide you with life pro-tips that will help you better manage your thoughts and feelings and help you overcome some of the challenges that the end of the semester may bring. You can come to one, or all, of the seminars we are offering and you don’t have to sign up. If you don’t want to come alone, bring a friend!

Seminars will be located at the Counseling Center on the 3rd Floor of Lucina Hall. Please check in at the front desk when you arrive!

Monday 12/3/18—
12:00-1:00PM — Mind Traps: learn skills to better manage your negative thoughts
2:00-3:00PM — Building Positive Emotions: learn skills to bring more positivity to your life each day
3:00-4:00PM — Combatting Self-Criticism: learn skills to accept yourself and be less judgmental

Tuesday 12/4/18—
3:00-4:00PM — Mind Traps: learn skills to better manage your negative thoughts

Monday 12/10/18—
12:00-1:00PM — Mind Traps: learn skills to better manage your negative thoughts
2:00-3:00PM — Building Positive Emotions: learn skills to bring more positivity to your life each day
3:00-4:00PM — Combatting Self-Criticism: learn skills to accept yourself and be less judgmental

Tuesday 12/11/18—
3:00-4:00PM — Mind Traps: learn skills to better manage your negative thoughts

Wednesday 12/12/18—
9:00-10:00AM — Combatting Self-Criticism: learn skills to accept yourself and be less judgmental

If the seminars don’t fit into your schedule, don’t worry! Here are some other resources to help get you through:

* Resource & Relaxation Room: This drop-in space is located in the Counseling Center (Room 310) and is open during business hours (M-F 8-5). It provides students with access to massage chairs, light therapy, self-help materials, and a free condom shop.

* WellTrack: A self-help app that can be accessed from your phone, tablet, or computer. It provides tools and tips to begin making positive life changes. You can access WellTrack from our website (https://www.bsu.edu/campuslife/counselingcenter).