

Counseling Services Center

Visit Counseling Services for one of our workshops Thursdays at 1:00 PM.
Register for one or all of these workshops – free to all City Tech students!
Join either by Zoom via the QR code or in-person.

Thursday, 2/6/25: City Tech Essentials [Register Here.](#)

Start your college journey with key insights and tips to navigate City Tech successfully.

Thursday, 2/13/25: Time Management Tactics [Register Here.](#)

Learn strategies to prioritize tasks and boost productivity for academic success.

Thursday, 3/13/25: Mindful Study Techniques [Register Here.](#)

Learn how to focus as you prepare for mid-terms with simple mindfulness strategies.

Thursday, 3/27/25: Preparing for Next Semester [Register Here.](#)

Learn how to prepare for next semester (how to enroll in classes, change majors, and more)

Thursday, 4/3/25: Healthy Communication [Register Here.](#)

Learn techniques to help you engage with others and achieve better understanding.

Thursday, 4/10/25: Understanding Anxiety [Register Here.](#)

Learn about anxiety symptoms and strategies to manage them effectively.

Thursday, 5/8/25: Mindful Study Techniques [Register Here.](#)

Learn how to focus as you prepare for finals with simple mindfulness strategies.

Room: **N-108**

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