

Life and Learning Workshops

Spring 2019 Schedule

Our Life and Learning Series Workshops focus on building and honing the skills necessary to succeed at Michigan Tech. These workshops will help you with a variety of skills, from managing stress, to evaluating academic goals, to feeling more confident and capable in your classes and daily life.

These workshops are designed for you to attend each of the sessions within a series. Cost is free to attend; all supplies will be provided. Registration required.

**Please sign up online at mtu.edu/success/academic/success/workshops
or by emailing: workshops@mtu.edu**

Motivation: How to find it *and* keep it

What is motivation? Where does it come from? Why does it seem like some people have it and others don't? We get it - motivation is not as easy as it sounds. Whether you're looking to strengthen yours or find it to begin with, this workshop on motivation is a great place to start!

Series A: Tuesdays at 1:00 – Jan. 29, Feb. 5, Feb 12 – Admin 201

Series B: Tuesdays at 1:00 – March 19, March 26, April 4 – Admin 201

Mindful Living

Tired of being tired, overwhelmed and behind? It's easy to feel drained while you're a student. Mindfulness can help eliminate this negative cycle and connect you with your inner-self, even in the most stressful of times. Meet with a community of others who are interested in building mindfulness and meditation skills to help reduce stress and increase joy in your life this semester.

Series A: Tuesdays at 8:00pm – Jan. 22, Jan. 29, Feb. 5, Feb. 12 – Wads G17/19

Series B: Wednesdays at 11:00 – Feb. 20, Feb. 27, March 6 – Library 234

Series C: Thursdays at 1:00 – March 21, March 28, April 4, April 11 – Library 234

Building Emotional Resiliency

Life keeps happening even when you're in school, sometimes bringing situations that cause lots of distress. Learn emotion regulation and distress tolerance skills that can help you feel more in control. This workshop will include information that will help you to better understand your emotions and how to keep them from taking over your life. Offered three times during the semester, this workshop is a 3-week series of 60-minute sessions.

Series A: Mondays at 11:00 – Jan. 21, Jan. 28, Feb. 11 – Admin 311

Series B: Wednesdays at 5:30 – Feb. 27, March 6, March 30 – Wads G12

Series C: Fridays at 1:00 – April 5, April 12, April 19 – Admin 201

Stress Less

Ready to lower anxiety and depression? Using Acceptance and Commitment Therapy (ACT) practices, this 4-week structured workshop will teach you skills to grow mindfulness.

Series A: Tuesdays at 3:00 – Jan. 22, Jan. 29, Feb. 5, Feb. 12 – Admin 311

Series B: Thursdays at 7:00pm – Feb. 14, Feb. 21, Feb. 28, March 7 – Wads G12

Series C: Wednesdays at 10:00am – April 3, April 10, April 17, April 24 – Admin 201

Maximizing Your Connections

Learn how to use resources and relationships to meet your academic and professional goals.

Series A: Thursdays at 2:00 – Jan. 24, Jan. 31 – Fisher 126

Series B: Wednesdays at 7:00 – March 27, April 3 – Fisher 126

Committed Action: Take Steps to Make Change in Your Life

This workshop is focused on utilizing the process of “committed action” from Acceptance and Commitment Therapy. Sign up if you’re not just contemplating but READY to make change in your life! We will focus our time on utilizing your values and goals and helping you to design steps that you are willing to take to put those into action.

Wednesdays at 7:00pm – Feb. 13, Feb. 20, Feb. 27 – Fisher 125

Learn Well: Setting Learning Goals

Having trouble staying motivated, getting work done, or seeing the benefits of your work? Attend this workshop to explore strategies to help you learn better by setting and tracking learning goals.

Tuesdays at 6:00pm – March 26, April 2 – Wads Cherry Room

Your Major: A Good Fit?

Have you ever wondered if you chose the ‘right’ major? Whether you’re looking for other options Michigan Tech has to offer or simply looking for confirmation that you’re on the right path, this workshop will help you explore your strengths and goals as a learner and help you reflect on your academic and life goals. Dig even deeper by signing up for the Exploring Majors class next semester!

Thursdays at 5:00 – April 4, April 11 – Fisher 125

*While these workshops are designed specifically for Michigan Tech students, they are open to all staff, students and faculty.

Counseling Services
3rd Floor Admin. Bldg.
☎ 906.487.2538

Waino Wahtera Center
1st Floor Admin. Bldg.
☎ 906.487.3558

Wellness Center
O’Conner House
☎ 906.487.2560



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