

STUDENT COUNSELING  
SERVICE  
CAIN HALL, B103  
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HTTP://SCS.TAMU.EDU  
NOVEMBER 2009

## Workshops and Groups

### **PASS:**

#### **Programs for Academic Success Skills**

All PASS workshops are 1 hour long.

Pre-registration for workshops is necessary.

#### **Maintaining Focus**

November 2 Monday 12:30 p.m.

#### **Study Success Strategies**

November 9 Monday 12:45 p.m.

November 17 Tuesday 3:45 p.m.

#### **Time Management and Procrastination**

November 10 Tuesday 2:20 p.m.

November 20 Friday 11:30 a.m.

#### **Stress Management & Test Anxiety**

November 11 Wednesday 4:00 p.m.

#### **Now You're Speaking My Language: Talking With Professors**

November 16 Monday 3:00 p.m.

#### **Learning and Study Strategies Inventory (LASSI) Interpretation**

Pre-registration for test interpretation is necessary, and the LASSI must be completed 3 business days prior to the interpretation session.

The LASSI interpretation workshop is a half hour long.  
Late Arrivals will not be admitted.

November 3 Tuesday 11:10 a.m.

November 13 Friday 10:30 a.m.

November 19 Thursday 2:30 p.m.

November 23 Monday 2:00 p.m.

November 30 Monday 3:00 p.m.

### **Career Workshops:**

#### **Career Assessment Workshop**

Learn how to match interests with academic majors and occupations. Registration and completion of interest inventory are needed three business days prior to the workshop.

November 3 Tuesday 1:30 p.m.

November 5 Thursday 2:00 p.m.

## It's time for Student Counseling Service



TEXAS A&M  
UNIVERSITY

### **Explore Majors and Careers with DISCOVER**

DISCOVER is an interactive web-based career planning program. This introductory workshop will teach you how to effectively utilize features of the DISCOVER program for career exploration and occupational research.

November 12 Thursday 2:30 p.m.

### **True Colors: Follow Your True Colors To The Work You Love\***

During this interactive workshop, you will increase your understanding of the "True Colors" of your personality. You will identify your natural gifts and talents, which can be used in many different occupations. You will also identify your true values—ideas, activities, and things you prize or regard highly. Finally, you will identify potential careers that appeal to your true colors and use your preferred talents. An added benefit is increased understanding of personalities that differ from yours.

November 4 Wednesday 5:00-7:00 p.m.

\*This workshop requires a minimum of 25 participants; if fewer than 25 are registered for the workshop one business day before it is scheduled, the workshop will be cancelled.

### **Groups:**

#### **Academics Survival Group**

This is a group designed to help students whose midterm grades are lower than expected. It's not too late to learn some positive study strategies and see a big impact on semester grades. Topics may include test preparation, avoiding distractions, and time management.

November 3 – December 8

Tuesdays, 1:00-2:30 p.m.

Counselor referral to group is needed 5 business days prior to start date.

## **Biofeedback Workshop**

One-session workshop that gives an introduction to relaxation techniques, including how biofeedback aids in relaxation. Individual follow-up consultation is available.

Wednesdays, 2:15 -4:15 p.m.; Thursdays, 3:00-5:00 p.m.

## **Managing Your Anger 101 Workshop**

Tuesday, November 3, 10:00 a.m. –12:00 p.m.

Does your anger get in the way of your life and relationships? Anger is a normal, natural emotion, but it can have serious consequences if we do not express it in appropriate ways. This workshop will provide you with an introduction to effective anger management. Come and discover self care, stress management, and relationship skills that can help you understand your anger better. Take back control of your anger! Pre-registration is required.

## **Perfectly Imperfect Workshop**

Tuesday, November 10, 3:00–5:00 pm

Do you believe that mistakes must be avoided and you must always meet the highest standard of performance? If so, your perfectionism can actually become a double edged sword and keep you from meeting your goals! This workshop will help you understand the difference between healthy striving and perfectionism, and help you understand where the pressures to be perfect can come from. You will also learn healthy ways to manage your perfectionistic habits and coping skills. Accept yourself as perfectly imperfect! Pre-registration is required.

## **Journal Writing Workshop**

Wednesday, November 11, 3:00–5:00 p.m.

Would you like to engage in self-exploration, expand self-awareness, and learn writing tools with the potential to facilitate problem solving and decision making? Join us for this one session workshop designed to (1) increase your knowledge of keys to effective journal writing; and (2) introduce you to several types of personal growth focused writing. Pre-registration is required.

## **Healthy Relationships Workshop**

Tuesday, November 17, 3:00-5:00 p.m.

Relationships can affect all aspects of your health, well-being and functioning. This interactive one session workshop is designed to help participants (1) distinguish between healthy and unhealthy relationships and, (2) learn strategies for building and maintaining healthy relationships. Join us to learn skills such as healthy boundary setting and effective communication. Pre-registration is required.



Funded By:



Americans with Disabilities Act (ADA) accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time you register for services or five working days before the program you plan to attend. Texas A&M University has a strong institutional commitment to the principle of diversity in all areas. In that spirit, admission to Texas A&M University and any of its sponsored programs is open to all qualified individuals without regard to subgroup, class or stereotype.

## Taking Stock

### By Dr. Esther Wright-Wilson

Wherever you are in the semester, a useful strategy is taking stock of or getting a sense of where you are in various areas of your life. Why take stock? As the saying goes, “If you do not know where you are, how will you know where you are going?” While it is true that evaluating where you are in any area of your life can, at times, be discouraging, the information obtained can motivate you towards reestablishing your focus and identifying what you need to do differently in order to accomplish your desired goals.

Academics is one area in which the process of “taking stock” regularly can be very beneficial. Most students attend college to earn a degree. This goal is a culmination of grades earned on quizzes, papers and other class assignments, midterms, and final exams, in courses that vary from enjoyable to mind numbing, with professors and TAs for whom various types of emotions are felt. To increase the likelihood of earning your degree in the least stressful manner possible, you need to know how you are doing in each of your classes over the course of each semester; doing so helps you identify adjustments that need to be made, for example, in the time allocated to each course and/or assignment, and in your general study strategies. A valuable resource in the process of taking stock of your academic performance over the course of the semester is your professor. It is true that some professors appear more approachable than others, but finding the courage to talk with them about your performance, even if you know you are doing well, is a worthy investment. It is futile to wait until the end of the semester to find out how you are doing in a course; by then, it is usually too late to salvage your grade and it is in your best interest to not believe the false rumor that obtaining a letter from the Student Counseling Service (SCS) will be enough to get you out of your academic pit. A better strategy would be to educate yourself about, and utilize the various services provided by the SCS to assist students with academic and other related concerns. These services include the PASS workshops on study strategies, maintaining focus, and other topics, plus individual, and group counseling.

Other areas in which taking stock can be useful are your physical and emotional health. Physical challenges can affect your emotional well being and emotional concerns, because of their potential to affect areas such as sleep, appetite, and energy, can have an adverse impact on your physical well being. The importance of adequate sleep, exercise, and regular, healthy meals to overall health, and overall health to peak academic performance, cannot be overemphasized. It is beneficial to know how many hours of sleep you need to function optimally and if this need is being met by your current sleep patterns. Two indicators of sleep deprivation are having to depend on caffeinated beverages to keep you alert during classes and other activities and needing daily naps to make it through the day. If you are sleeping less than you need, commit to establishing regular sleep patterns without delay. Regarding your emotional health, if you find you are more anxious or emotionally down than usual, or are wrestling with personal concerns that are disrupting your daily life, consider talking with a trusted friend, mentor, spiritual leader, or scheduling an appointment with an SCS counselor. Sometimes seeking assistance is viewed as weakness, but everyone needs help at some point in life and part of being strong is recognizing when you need help and taking steps to obtain it.

Other areas not focused on here but which taking stock of can be useful include your social life, finances, and spirituality, all of which, together with those discussed, can support or impair your academic efforts. In addition to services provided by the SCS, the Aggie community has diverse resources that can help you stay on track and make your progress toward your goals less stressful and even enjoyable. It is in your best interest to familiarize yourself with the resources available to you. Life is a journey and periodically keeping track of your progress can reap significant benefits.