

STUDENT COUNSELING
SERVICE
CAIN HALL, B103
979.845.4427
HTTP://SCS.TAMU.EDU
OCTOBER 2009

Workshops and Groups

It's time for Student Counseling Service



PASS:

Programs for Academic Success Skills

All PASS workshops are 1 hour long.

Pre-registration for workshops is necessary.

Time Management and Procrastination

October 5 Monday 12:45 p.m.

October 22 Thursday 4:15 p.m.

Study Success Strategies

October 7 Wednesday 1:50 p.m.

October 20 Tuesday 11:10 a.m.

Now You're Speaking My Language: Talking With Professors

October 8 Thursday 2:20 p.m.

Stress Management & Test Anxiety

October 13 Tuesday 12:45 p.m.

Maintaining Focus

October 15 Thursday 2:20 p.m.

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.

October 27 Tuesday 1:00 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.

October 9 Friday 10:30 a.m.

October 14 Wednesday 4:00 p.m.

October 21 Wednesday 4:30 p.m.

October 26 Monday 9:30 a.m.

Biofeedback Workshop

The workshop will be offered alternating Wednesdays and Thursdays until the end of October; starting in November, it will be offered both days every week until the end of the semester.

Wednesdays, 2:15 to 4:15 p.m.

Thursdays, 3:00-5:00 p.m.

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

Groups:

Academics Anonymous Group

Not sure how to make better grades?

- Overcoming procrastination
- Maintaining focus
- Balancing study and fun
- Improving academic confidence
- Managing stress

October 8– November 19

Thursdays, 2:20-3:35 p.m.

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

International Students Group

Do you need to discuss issues often faced by international students?

- Cultural differences
- Academic issues
- Adjustments
- Stress Management

October 2-November 20

Fridays, 2:00-3:30 p.m.

Perfectly Imperfect Workshop

October 12 Monday 11:00 a.m. – 1:00 p.m.

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 perfectionist habits and coping skills. Accept yourself as perfectly imperfect!

Managing Your Anger 101 Workshop

October 15 Thursday 1:00 p.m.— 3:00 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!

Journal Writing Workshop

October 16 Friday 1:00 p.m. – 3:00 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.



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.

Career Counseling and How It Can Help You!

By: Jenny Kenley, M.S., LPC

Do you remember the day when you were filling out the application for Texas A&M University? You had made the campus visits, talked with other students, and decided to apply. There was only one more thing to do – declare a major. The list was long: mechanical engineering, industrial engineering, kinesiology, education, psychology, animal science, travel and tourism, economics, chemistry, architecture....it seemed to go on forever. After a few minutes of serious contemplation, you narrowed your choices down to two and flipped a coin. Aerospace engineering it was...that wouldn't be too hard, right?

Does this sound like your experience with choosing a major? Career counseling is one of the multiple services provided by the Student Counseling Service at Texas A&M University. Career counseling promotes student development and self-knowledge through education in order to help students make appropriate and satisfying career choices.

Career counseling is different from career advising in many ways. It is important for students to understand that career counselors have at least a master's degree and specialized training in the area of career planning, exploration, and decision-making. Career counselors are able to interpret assessments such as interest inventories and personality measures, conduct extensive interviews, and help students chart their own path to success! One of the best things about career counseling at SCS is that each student receives information and counseling tailored to their specific needs and individual goals.

To aid students in self-exploration, the SCS offers a variety of career assessments. One of these is the Myers-Briggs Type Indicator, which assesses personality types and ways these relate to career options. We also have the Strong Interest Inventory and Career Liftoff, instruments that allow students to match their interests with various occupations. In addition, there are assessments that look at students' values and self-reported skill levels. All of these resources are offered to students **FREE** of charge!

Are you ready to start exploring your career options? Students can schedule an appointment with a career counselor by going to the SCS homepage at scs.tamu.edu or by calling 979-845-4427. Remember, the SCS is funded in part by the student service fee and counseling is provided to students **FREE** of additional charge. We hope to see you at the SCS soon!