Fall 2018 Workshops

R.I.O. Workshop (RIO)
3-week workshop focusing on Recognition, Insight, and Openness skills for mindfulness and resilience.

- Dates: (round one) 10/04, 10/11, & 10/18; (round two) 11/01, 11/08, & 11/15
- Time: Thursdays 3P-3:45P (round one - Commons 327; round two - TBA)
- Facilitators: Brett Kirkpatrick, M.S., Ed.S. & Amber Long, B.A.
- Signup: [http://tinyurl.com/RIO-SignUp](http://tinyurl.com/RIO-SignUp)
- Contact: Amber Hager, Ph.D. at ahager@umbc.edu

Skills for Success Workshop (S4S)
6-week drop-in workshop that provides coping strategies to deal with stress and goal-interfering behaviors on the following topics:

- 10/24 – Procrastination
- 10/31 – Stress Management
- 11/07 – Time Management
- 11/14 – Test Anxiety
- 11/28 – Motivation/Goal-Setting
- 12/05 – Sleep/Get Through Finals

Time: Wednesdays 12PM – 12:45PM (Commons Rm 327)
Facilitators: Amber Long, B.A. & Scott Peck, M.A.
Contact: Sam Chan, LCSW-C at slchan@umbc.edu

UMBC Counseling Center
Call 410-455-2472 for more information