

COLLEGE SURVIVAL SERIES ~ FALL 2009 ~

How to Be a More Assertive Student

Are you often uncomfortable talking to your professors, your boss, or other authority figures? Do you have a hard time saying no? Or, do you tend to come off as aggressive and hostile in order to get what you want? Come to this workshop to become more familiar with the passive, aggressive, and assertive communication styles. Learn some tips on becoming more assertive while displaying more confidence or less anger so that your needs are being met.



Presenter: Jennifer Kalligonis, Counselor

Monday, September 28, 2009

1:15pm-2:15pm, Exton Campus

OR

Tuesday, September 29, 2009

11:05am-12:00pm, Room 1163 Main Campus

NEED EXTRA CREDIT?



Many professors offer extra credit or other incentives for attending campus workshops- ask your professors if they would be willing to do so! Attendance is taken at every workshop and certificates are distributed at the end of every session.

Habits that Limit College Success

How often do you think in terms of “all or nothing” or jump to conclusions too quickly? These thinking patterns, also known as cognitive distortions, may be limiting your potential for success. With increased awareness and determination, distortions can be replaced with more positive ways of thinking. Discover the 12 most common Cognitive Distortions, become more aware of your own patterns of thinking, and learn strategies to turn faulty thinking around.



Presenter: Bridget Panza, Counselor

Thursday, October 8, 2009

11:05am-12:00pm

Room 1163 Main Campus

Seasonal Affective Disorder:

Beating the Winter Blues

Do you feel tired, depressed, or unmotivated once the weather gets cooler and the days get shorter? You may be experiencing symptoms of Seasonal Affective Disorder also known as S.A.D. Come to this workshop to learn the causes of S.A.D. as well as the treatment options and coping strategies that are available to beat the winter blues.

Presenter: Jennifer Kalligonis, Counselor

Thursday, October 22, 2009

11:05am-12:00pm

Room 1163 Main Campus



Alphabet Soup:

Understanding the Titles and

Terminology of the LGBT Community

Curious about all the labels within various communities? It is important at the college level to be aware of what is considered offensive terminology to use in and out of the classroom. This workshop helps you to examine your current thoughts and perceptions about different groups and teaches the appropriate language and information associated with each community. All students are welcome.



Presenter: Timothy Gardner, M.S., LGBTQA Director at Lehigh University

Thursday, November 5, 2009

11:05am-12:00pm

Room 1163 Main Campus

What Every College Student Needs

to Know About Date Rape/Abuse

What are dating do's and don'ts? Are you confused about what is and isn't healthy in a good relationship? Are you or someone you know involved in a relationship that could be considered abusive? What should you do if you have been a victim of date rape? Come to this workshop to learn about verbal and physical abuse as well as the various patterns and mistakes that can be made in relationships.



Presenter: Trish Ertwine, Women Against Rape

Tuesday, November 10, 2009

11:05am-12:00pm

Room 1163 Main Campus

AIDS/STDs:

Information You Need To Know

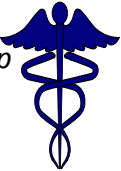
How do you contract a Sexually Transmitted Disease? Are you at risk? What are the symptoms? Did you know that more than a million people live with HIV in the U.S. and an estimated 25% of those with HIV don't even know they have it? Come to this informative session to learn of potential risks and safe prevention. Free confidential HIV/AIDS testing held on campus will also be explained.

Presenter: Jim Ealy, AIDS Care Group

Tuesday, November 17, 2009

11:05am-12:00pm

Room 1163 Main Campus



MySpace/Facebook Etiquette

The Good, The Bad, and The Ugly

In today's fast paced society social networking sites like Facebook and Myspace have taken off. But what does your profile say about you and who's looking at it? This workshop will take a look at how we decide what to put on our pages, what others might say about our pages, and how this can affect our future career opportunities.



Presenters: Eileen Colucci, Counselor or Bridget Panza, Counselor

2 Times to choose from:

Wednesday, December 2, 2009

1:25pm-2:20pm

OR

Thursday, December 3, 2009

11:05am-12:00pm

*Both sessions held in
Room 1163 Main Campus*