Strategies for Stress Management and Self-Care - A facilitated discussion about stress in the lives of university students, ways to create peer-support, and techniques for relaxation.

Communication & Relationships - Skills for developing healthy and effective communication methods.

Safety with Drugs and Alcohol - A facilitated discussion and information sharing around strategies to reduce the potential harm of drugs and alcohol.

Understanding Panic Attacks & Anxiety: CBT approach - Designed to explain the difference between a productive vs unproductive anxiety, provide insight into what is going on during a panic attack, and offer new approaches managing panic and anxiety.

Counseling 101 - What is a counseling and how does it work? What can you expect? A discussion of available counseling services, on campus and within the community, and a brief introduction to therapeutic styles.

Testing Anxiety - A discussion of the bio/psycho/social effects of stress leading up to performance along with strategies to reduce these experiences.

Balancing Brandeis & Family - A facilitated discussion around the tug of war between school and family.

Imposter Syndrome - A facilitated discussion of the experience of feeling like a fake (i.e. ‘someday it will be found out that I don’t really belong here’), attributing success only to luck, or discounting your own success.

Your worth is more than your major(s), GPA, internship, etc. - Discussion around the multiple aspects of the emerging self.

Racism in the classroom - Discussion around student experiences of racism and prejudice.

Sexual Assault - Discussion around the occurrence of sexual assault on a college campus, safety strategies, and resources for support.

Meditation and Mindfulness - An introduction to the concepts, practice, and effects of meditation.

These workshops are both mobile and flexible. They can be hosted at the PCC or brought to an existing organization on campus. The content can be catered to the particular interests and needs of the audience. If you and/or an organization you represent would like to schedule a workshop, please contact the outreach team at 781.736.3693 or PCCworkshops@brandeis.edu.