



**Student Counseling Center**  
Center City Hahnemann Campus  
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## **2008-2009 HEALTH & WELLNESS WORKSHOPS**

### **Taking On Test Anxiety**

*Wednesday, October 1, 12:00 – 1:00 pm*

Are you bogged down by feelings of anxiety and nervousness when it's time to study for and take an exam? Test anxiety is a fairly common experience among students from various academic backgrounds, but its prevalence doesn't make it any easier to deal with! This workshop will address the common themes surrounding test anxiety and will introduce techniques for coping with this anxiety. Stop by, grab a snack, and feel more confident as you gear up for your first tests of the term!

*Presenters: Elizabeth Goetter & Kim Hoffman*

### **Stressed is Just Desserts Spelled Backwards!**

*Tuesday, October 28, 12:00 – 1:00 pm*

Stress doesn't have to run your life. Come join us and learn about how you can take back control of your life. While you nosh on yummy desserts, we will teach you tools to put stress in its place and move you toward the life you choose. These simple techniques will help keep you on track as you navigate the stress of mid-terms.

*Presenters: Sara Levine Kornfield & Susanna Francies*

### **Stop Facebooking Me!**

***Cyberstalking, Cyberbullying,  
and How to Deal With It***

*Wednesday, January 14, 2:30 – 3:30 pm*

Are the constant Facebook poking and MySpace messages starting to get to you? Is someone running up your bill with endless malicious text messages? Did someone make sure people other than your closest friends saw those pictures of you on Saturday night? Learn about cyberstalking, cyberbullying, how to cope with it, and when to get the law on your side.

*Presenter: Natalie Anumba*

### **Love the One You're With - Without Losing Yourself**

*Wednesday, February 11, 5:00 – 7:00 pm*

Do you have difficulty communicating with your partner? Do you feel that he or she has difficulty understanding things from your perspective? Come and learn how women and men differ in their communication styles and why. You will also learn about how losing your sense of self in a relationship can be detrimental to your mental health as well as to the relationship's longevity and success.

*Presenters: Laura Fritts & Noelle Stewart*

### **Bikini Ready Body Health**

*Friday, February 27, 12:00 – 1:00 pm*

New Year's resolution to eat healthier and look better already forgotten? It's not too late to get healthy before the warm weather hits! Navigating a world filled with McDonald's, Dunkin Donuts, dinner parties and birthday cake can be successful! This workshop will address strategies to revamp old New Year's resolutions and create new ones to build a healthier lifestyle. The latest scientifically-supported nutrition principles can help to make eating more healthful, enjoyable, and realistic as part of a busy life.

*Presenters: Yelena Chernyak & Elizabeth Goetter*

### **Finding a Balance: Juggling Multiple Roles in Your Work and Personal Lives**

*Monday, March 30, 12:00 – 1:00 pm*

This workshop will focus on the difficulties of balancing responsibilities of multiple roles, including work, school, family, and friends. Strategies for prioritizing your responsibilities, staying organized, managing stress, and improving quality of life will be explored.

*Presenter: Xan Nelson*

**Changing What's Not Working:**

Using Behavioral Strategies to Change Your Relationships

*Friday, April 17, 12:00 – 1:00 pm*

Learn how reinforcement and punishment effect your relationships and how you can use these techniques to bring about the changes you want to see in your relationships with your child, spouse, or friends. This workshop will review behavioral principles, examine the way they impact day-to-day relationships, and teach how to apply these principles to your own life.

*Presenters: Christina Riggs Romaine & Heather Green*

**Getting to Know Your Personality**

*Friday, May 8, 12:00 – 1:00 pm*

People often wonder what makes up their personality. Using the latest research in personality science, this workshop will give attendees the opportunity to assess their own personality styles from a scientifically-supported model of personality. The personality styles will be described in detail and a discussion will follow regarding the implications of these styles on other aspects of life (e.g. jobs, relationships).

*Presenter: Nicole Sestito*

**Dealing with School or Life Stress?****Learn to De-Stress Before Finals!**

*Monday, June 1, 12:00 – 1:00 pm*

This workshop is designed for all students. Stress is a normal part of daily life, especially as we prepare for exams. We all need tools to deal with these emotional demands of life. This workshop will incorporate stress management skills including: time management, progressive muscle relaxation, and imagery exercises.

*Presenter: Kathleen Kemp*

*All workshops will be held in Room 310 of the Bellet Building (1505 Race Street).*

*Light refreshments will be served.*