MANAGING **TEST ANXIETY**

Do you prepare for exams but still receive low test scores? You may have test anxiety or problems concentrating. Learn how you can define the problem and develop productive solutions.

All workshops are held at 1:00 in 203 Frazee Hall.
- Tuesday, February 18
- Tuesday, February 25
- Tuesday, April 28

**RECHARGE YOUR BATTERY**

Our three-part workshop, “Resilience Recharge,” helps you manage stress as you approach midsemester. Each workshop is a stand alone topic - meaning you can attend all three or just ones that work for your schedule.

All workshops are Thursdays at 1:00 in 203 Frazee Hall.
- Mindset: February 20
- Acceptance: February 27
- Self-Care: March 5

**CAREER DECISION MAKING**

Are you struggling to pick a major or just not interested in your current one? Learn concrete steps to gain clarity by exploring your interests in a meaningful way.

All workshops are held at 1:00 in 203 Frazee Hall.
- Wednesday, February 26
- Tuesday, March, 24
- Wednesday, April 1
- Tuesday, April 7
- Wednesday, April 8

**OTHER PROGRAMS**

The UK Counseling Center offers a variety of additional programs for suicide prevention, depression screenings, and more. Visit us on social media for information on new and upcoming programs.

**WEEKLY PROGRAMS**

**JUST NEED TO TALK?**

Our **Let’s Talk** program provides easy access to informal confidential conversations with clinicians from the UK Counseling Center. Clinicians hold walk-in hours at six sites around campus Monday through Thursday.

There is no fee or appointment necessary.

**MONDAYS**

UKPD Therapy Dog Hudson at 2:00 in 114 Frazee
Drop in and spend some time with the UK Police Department’s first K-9 Therapy dog, Hudson.

Relax, Relate, Release at 4:00 in 114 Frazee
An hour of self-care and community for students of color. Join us for tea, healthy snacks, self-care activities, and supportive conversation.

**TUESDAYS**

[NEW] Guided Imagery at 4:00 in 114 Frazee
Guided imagery is a meditative technique that appeals to the creative parts of your mind. Ultimately, the goal is to use positive symbols to create a powerful connection between your body and mind.

**WEDNESDAYS**

Meditation at 4:00 in 114 Frazee
There’s a reason meditation has been around for thousands of years. It boosts immunity, self-control, productivity and much more. Stop in and give it a try!

**FRIDAYS**

Speak OUT: LGBTQ* Narrative Therapy 2:00 - 3:00 in 202A Frazee
For LGBTQ* students to explore identity narratives, express themselves, and connect with others. We will use art, poetry, music and other forms of creative expression to explore personal life experiences.

Color Coded 3:30 - 5:00 in 202A Frazee
Narrative and expressive therapy for students of color, aimed to empower the authentic self, give space for unique perspectives, and use art to cultivate pride and growth.