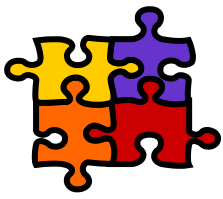


## 2009 AUTUMN QUARTER GROUP AND WORKSHOP CALENDAR

All workshops are FREE and held at the Counseling Center, 401 Schmitz, unless otherwise

October				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	13 Strong Interest Inventory* <sup>§</sup> 2:00 - 3:30  Men's Group 4:00-5:30	14  Co-Ed Group 3:30-5:00	15	16  Women's Group 9:00-10:30
19 Grad School: Arrive and Thrive (SIEG 225) 3:30 - 5:30	20 Myers-Briggs Type Indicator** <sup>§</sup> 2:00 - 3:30  Men's Group 4:00-5:30	21  Co-Ed Group 3:30-5:00	22	23  Women's Group 9:00-10:30
26 Time Management and Procrastination 3:30 - 5:00	27  Men's Group 4:00-5:30	28  Co-Ed Group 3:30-5:00	29  Career Group 1:30-3:00	30  Women's Group 9:00-10:30
November				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Test Anxiety and Stress Reduction 3:30 - 5:00	3  Men's Group 4:00-5:30	4  Co-Ed Group 3:30-5:00	5  Career Group 1:30-3:00	6  Women's Group 9:00-10:30
9	10 Strong Interest Inventory* <sup>§</sup> 2:00 - 3:30  Men's Group 4:00-5:30	11 Veterans' Day No School	12 Time Management and Procrastination 1:00 - 2:30  Career Group 1:30-3:00	13  Women's Group 9:00-10:30
16	17 Grad Values-Pt 1* 3:00 - 5:00  Men's Group 4:00-5:30	18  Co-Ed Group 3:30-5:00	19 Test Anxiety and Stress Reduction 1:00 - 2:30  Career Group 1:30-3:00  Grad Values-Pt 2* 3:00 - 5:00	20  Women's Group 9:00-10:30
23	24  Men's Group 4:00-5:30	25  Co-Ed Group 3:30-5:00	26 Thanksgiving Holidays No School	27 Thanksgiving Holidays No School
December				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Myers-Briggs Type Indicator** <sup>§</sup> 2:00 - 3:30  Men's Group 4:00-5:30	2  Co-Ed Group 3:30-5:00	3  Career Group 1:30-3:00	4  Women's Group 9:00-10:30
7	8  Men's Group 4:00-5:30	9  Co-Ed Group 3:30-5:00	10	11  Women's Group 9:00-10:30

\*Registration required; <sup>§</sup>Fee charged



**UW COUNSELING CENTER**  
**401 Schmitz Hall (206) 543-1240**  
**<http://depts.washington.edu/counsels>**

## **2009 AUTUMN QUARTER GROUPS AND WORKSHOPS**

**GROUPS:** You must be a currently enrolled UW student to attend. Groups require an intake session and brief meeting with the group leader. Please contact the Counseling Center for more information, 206-543-1240.

- **Career Group:** a 5-week career group for freshmen/sophomores who are interested in exploring self and potential majors and/or career fields. Participants will need to take the MBTI (cost: \$20) prior to the first group meeting. Meets Thursdays starting 10/29, 1:30-3:00pm.

### **Interpersonal Groups: Understanding Self and Others**

- **Co-Ed Group:** a group for men and women who wish to work on improving their relationships. Experience the safety of talking with others to learn how to have better relationships through giving and receiving different perspectives, feedback, and support. Meets Wednesdays starting 10/14, 3:30-5:00pm.
- **Men's Group:** a group to increase self understanding and to improve relationship skills. Relationships can be stressful and a men's group can offer a non-judgmental way of sorting through these concerns. You may be surprised to find that the other men in the group wrestle with some of the same problems you do. By sharing different perspectives on familiar issues each member can find a new sense of strength within and ease in their relationships. Meets Tuesdays, 4:00-5:30pm.
- **Women's Group:** a group for sharing personal challenges with others, discussing a variety of topics including: how we connect with others, the influences of our loved ones, leading balanced and authentic lives, depression, anxiety, eating issues, societal expectations and pressure, and appropriate ways to give and receive feedback. Meets Fridays starting 10/16, 9:00-10:30am.

**WORKSHOPS:** You must be a currently enrolled UW student to attend. Workshops may require registration and/or charge a fee. Please contact the Counseling Center for more information, 206-543-1240.

### **STUDY SMARTER**

- **Time Management and Procrastination**  
If you often wonder where all the time went, this is your workshop. Learn how to budget your time more effectively so you have time for both study and recreation.
- **Test Anxiety and Stress Reduction**  
Learn what causes test anxiety and learn ways to deal with it more effectively. Discover how you habitually deal with stress and learn strategies for decreasing it.

### **CAREER EXPLORATION**

- **Myers-Briggs Type Indicator (MBTI);** fee charged; registration required.  
The MBTI is the world's most-used indicator of adult personality patterns. The results of the assessment can be used to help guide decisions regarding academic majors or career direction, as well as to help understand and appreciate individual differences in interpersonal relationships.
- **Strong Interest Inventory (SII);** fee charged; registration required.  
The SII provides general information about your career interests and how they compare to those of people in various occupations. Assessment results include a list of careers that may be of interest, as well as general interest "themes" to consider when planning your career.
- **Grad School: Arrive and Thrive**  
Did you start your graduate program in the last year or two? Are you feeling unsettled, unmotivated, or even a little depressed? Or maybe confused about what you're supposed to be doing or afraid you're not going to measure up? Congratulations. . .you're normal! Join other new grad students in a conversation about transitions, expectations, and the realities of graduate school. We'll also discuss strategies for using grad school to meet your short and long term goals. Co-sponsored by the Counseling Center and the Career Center.
- **Two-Part Values Workshop for Graduate Students;** online registration required.
  - **Part I: Values Identification and Clarification** Discovering and clarifying your values can help provide a focus for academic, career, and life decisions. Join the Career Center and the Counseling Center for an interactive workshop designed to identify and clarify the intangibles that often underlie our choices.
  - **Part II: Values-Based Career & Life Planning** Join the Career Center and the Counseling Center for an interactive workshop applying your identified work and life values. Continue to explore aspects of your success, development, and work-life balance. Sift through potential vocational options and find congruence between your goals and values.