

2008 SUMMER QUARTER WORKSHOP CALENDAR

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

JUNE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 FIRST DAY OF SUMMER QUARTER	24	25	26	27
30 Time Management and Procrastination 3:00 - 4:30	1	2	3	4 INDEPENDENCE DAY NO SCHOOL

JULY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Memorization and Test-Taking Skills 3:00 - 4:30	8	9 Myers-Briggs Type Indicator\$ (MGH) 1:30 - 3:00	10	11
14 Test Anxiety and Stress Reduction 3:00 - 4:30	15	16 Strong Interest Inventory\$ (MGH) 1:30 - 3:00	17	18
21 Time Management and Procrastination 3:00 - 4:30	22	23	24	25
28 Memorization and Test-Taking Skills 3:00 - 4:30	29	30 Myers-Briggs Type Indicator\$ (MGH) 1:30 - 3:00		

AUGUST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Test Anxiety and Stress Reduction 3:00 - 4:30	5	6 Strong Interest Inventory\$ (MGH) 1:30 - 3:00	7	8
11	12	13	14	15
18	19 Grad Values-Pt 1* 2:30 - 4:00	20	21 Grad Values-Pt 2* 2:30 - 4:00	22 LAST DAY OF SUMMER QUARTER

\$.-There is a fee charged for this workshop and pre-registration is required; call 206-543-1240 for more information.

*-Online registration is required for this workshop; email counsels@u.washington.edu

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

2008 SUMMER QUARTER WORKSHOPS

Please note that some of these workshops may require registration and/or charge a fee. You must be a currently enrolled UW student to attend the workshops. Please contact the Counseling Center if you have any questions, 206-543-1240.

STUDY SMARTER WORKSHOPS

- **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.

- **Memorization and Test-Taking Skills**

Learn a variety of memory techniques and discover which ones work best for you. Learn to transfer information from short-term to long-term memory and retrieve it again. Learn strategies for more effective studying and test taking, including tips for different types of exams.

- **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 WORKSHOPS

- **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.

- **Two-Part Values Workshop for Graduate Students;** 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 a 90-minute 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.