

# Living & Learning Workshops: Spring 2018

Presented by Santa Fe College  
Counseling Center, R-227

TITLE	DATE	TIME	ROOM	PRESENTERS
Dealing with Uncertainty in a Changing World	Jan. 18 Thursday	1 p.m. to 2 p.m.	R-235	Karen Lopez
Self-care for College Students	Jan. 26 Friday	2 p.m. to 3 p.m.	R-235	Dr. Ryan Barbeau
Career Planning for a Good Life	Feb. 1 Thursday	1 p.m. to 2 p.m.	R-235	Jimmy Yawn
Peace of Mind in Times of Stress	Feb. 8 Thursday	1 p.m. to 2 p.m.	R-235	Dr. Lesley LeBaron
Mastering Math Anxiety	Feb. 15 Thursday	1 p.m. to 2 p.m.	R-235	Dr. Katey Arnold
Reducing Test Anxiety	Feb. 22 Thursday	1 p.m. to 2 p.m.	R-235	Steve Vutsinas
Exploring Cultural Diversity	March 1 Thursday	1 p.m. to 2 p.m.	R-235	Angelica Suarez
Strategies to Improve Academic Focus	March 15 Thursday	1 p.m. to 2 p.m.	R-235	Kimberley Smith
"Failing Well"...Life Skills for Disappointments	March 22 Thursday	1 p.m. to 2 p.m.	R-235	Anita Bussis
Personal Safety	March 29 Thursday	1 p.m. to 2 p.m.	R-235	SF Police Department
Meditation Made Simple	April 5 Thursday	1 p.m. to 2 p.m.	R-235	Dr. Lesley LeBaron
Mastering Math Anxiety	April 12 Thursday	1 p.m. to 2 p.m.	R-235	Dr. Katey Arnold
Reducing Test Anxiety	April 19 Thursday	1 p.m. to 2 p.m.	R-235	Steve Vutsinas
Stress Busters!	April 26 Thursday	1 p.m. to 2 p.m.	R-235	Lara Zwilling

For more information please contact the Counseling Center at 352-395-5508, visit the Counseling Center in R-227 or online at [sfcollege.edu/counseling](http://sfcollege.edu/counseling).



The Counseling Center's Living & Learning Workshop Series is presented with the cooperation of the Career Resource Center, Disabilities Resource Center, SF Police Department, International Student Services, and the Math and Social and Behavioral Sciences Departments.

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