

# Fall 2018 Workshops

## R.I.O. Workshop (RIO)

3-week workshop focusing on **R**ecognition, **I**nsight, and **O**penness skills for mindfulness and resilience.

- Dates: (round one) 10/04, 10/11, & 10/18; (round two) 11/01, 11/08, & 11/15
- Time: Thursdays 3P-3:45P (round one - Commons 327; round two - TBA)
- Facilitators: Brett Kirkpatrick, M.S., Ed.S. & Amber Long, B.A.
- Signup: <http://tinyurl.com/RIO-SignUp>
- Contact: Amber Hager, Ph.D. at [ahager@umbc.edu](mailto:ahager@umbc.edu)

## Skills for Success Workshop (S4S)

6-week drop-in workshop that provides coping strategies to deal with stress and goal-interfering behaviors on the following topics:

10/24 – Procrastination      10/31 – Stress Management  
11/07 – Time Management    11/14 – Test Anxiety  
11/28 – Motivation/Goal-Setting  
12/05 – Sleep/Get Through Finals

Time: Wednesdays 12PM – 12:45PM (Commons Rm 327)

Facilitators: Amber Long, B.A. & Scott Peck, M.A.

Contact: Sam Chan, LCSW-C at [schan@umbc.edu](mailto:schan@umbc.edu)



UMBC Counseling Center  
Call 410-455-2472 for more information