



**CENTRAL
TEXAS
COLLEGE**

NEWSLETTER

Wellness & Counseling Services • Vol. #7

WHAT'S NEW

How to establish successful academic goals.

With the new semester every student is looking forward to being successful in class and being able to learn and pass their classes. But, many times we do not have the tools to make those academic goals achievable. Here are a few things that could help you reach those academic goals. Staying organized by creating a class schedule and attending every class on time. Taking effective notes in class. Block out time for studying each day. Maintain accountability and seek resources once you determine you need help. Collaborate with classmates and professors while improving your communication skills and becoming a more effective communicator. Create a comprehensive study guide for each course. Develop a comprehensive study guide that can be used for exam preparation. Plan when you are going to study and start projects on time. Cultivate productive study habits that will enhance your academic performance. Complete all assignments a week before due date. Attend tutoring sessions for difficult subjects to improve your understanding and receive extra needed assistance. Set weekly study goals to break down your study schedule to ensure consistent progress. Create or join an effective study group that focuses on collaborative learning and mutual support. Cultivate a positive mindset. Practice mindfulness and stress-relief techniques to stay motivated. Participate in extracurricular activities, such as joining a club or an activity that aligns with your interests. This would broaden your skills and enhance your college experience. Adopt effective reading strategies. Begin networking by attending campus events, join student organizations and connect with professionals in your field. Maintain a healthy study-Life Balance by striving to balance your academic responsibilities with personal life. Engage in hobbies and social activities to avoid burnout. Work on stress management to manage academic stress, by practicing relaxation techniques and maintaining a healthy lifestyle. Explore different learning styles to find what works best for you. Prioritize mental health, ensure your mental health is a priority and seek support when needed. Plan for life after graduation by beginning to plan your career or further studies after graduation, setting the groundwork for your next steps.





Building Connections: How to Create New Friendships and Feel Like You Belong

Starting college can be an exciting yet overwhelming experience, especially when creating new friendships and finding your place. Whether new to the campus or a seasoned student looking to expand your social circle, these tips can help you develop meaningful relationships and cultivate a sense of belonging.

1. **Embrace New Opportunities:** Begin by stepping outside your comfort zone. Attend campus events, join clubs, or participate in study groups. These activities are excellent avenues to meet people with similar interests and discover new passions.
2. **Be Open and Approachable:** A friendly smile and a positive attitude can go a long way in making new connections. Show genuine interest in people by asking questions and actively listening to their stories. You'll be amazed at how quickly this can lead to bonding.
3. **Utilize Social Media Wisely:** Platforms like Facebook and Instagram can be excellent tools for connecting with classmates and learning about upcoming events. You can also join college-specific groups to find people with common interests.
4. **Stay Consistent:** Building relationships requires consistency. Make an effort to regularly connect with new acquaintances through coffee dates, study sessions, or a simple message to catch up.
5. **Volunteer or Work on Campus:** Volunteer work or part-time jobs on campus can introduce you to like-minded peers while contributing positively to your college community.
6. **Be Inclusive and Respectful:** Embrace diversity by reaching out to people from different backgrounds. This will not only enrich your college experience but also provide a broader perspective on life.
7. **Seek Support:** Don't hesitate to contact Central Texas College's Wellness & Counseling Services. If you ever feel isolated or disconnected, we can offer guidance and resources to help you integrate more comfortably into college life.

Creating lasting friendships takes time and effort, but the rewards are invaluable. As you journey through college, cherish each opportunity to connect with others, and you'll find your place within the vibrant campus community.

Stay healthy and stay connected!

On-Campus Resources

Please contact:

Nadiya Filimonova, Director,
Wellness & Counseling Services
(Your Mental Health Support on Campus)
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Counselor, Wellness & Counseling Services
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New Resources & Events

To continue to raise awareness and share messages of hope and help, Wellness & Counseling Services has new resources and upcoming events to share.

*These are the upcoming events for Spring Semester 2025:

Anger Management Workshop Feb 4, 2025 (11 am-12 pm) Building 264
Stress Management Workshop • Feb 18, 2025 (11 am-12 pm) – Building 264
How to be best on your text Workshop • Apr 9, 2025 (11 am-12 pm) Building 264
Time Management • March 12, 2025 (11 am-12 pm) Building 264

Groups:

Join us every week during the Spring Semester for an exciting lineup of wellness activities to support your mental health while school is in session. Explore tips, resources, and practices that will boost your well-being. Here's what you can expect each day:

Mindfulness Monday (12 PM - 1 PM): Discover the power of mindfulness and learn techniques to center yourself for the week ahead.

Stress Management Tips Tuesday (12 PM - 1 PM): Gain effective strategies to manage stress and maintain a clear mind, even during challenging times.

Wellness Wednesday (2 PM - 3 PM): Dive into holistic health practices and see how a balanced lifestyle can enhance your daily routine.

Thankful Thursday (2 PM—3 PM): Cultivate gratitude and positivity with activities that help you appreciate the little things in life.

Fun Friday (10 AM—11 AM): End your week on a high note with fun and art activities that promise smiles and laughter!

Location: Wellness & Counseling Services Building, 264 Central Texas College.

Each session is designed to be engaging and insightful, providing you with valuable takeaways. Don't miss this chance to invest in yourself and connect with others on a similar journey to well-being.

We can't wait to see you there every week to thrive together in a supportive community!

Alcohol Anonymous (AA) – Every Wednesday: 12 pm-1 pm

Overeater's Anonymous (OA) – Every Thursday: 12 pm-1 pm

Outreach Table: Jan 28, Feb 25, March 25, Apr 22, 2025 Bldg. 224 – Anderson Campus Center, 11 am-1 pm)

Keep Spring Break Safe Event

Join us on March 11th from 9 AM to 1 PM at the Anderson Center for a vital initiative dedicated to your safety and well-being during Spring Break. Our "Keep Spring Break Safe" event is designed to raise awareness and equip you with the knowledge to prevent drug and alcohol abuse during Spring Break.

Event Highlights:

Informative Workshops: Participate in eye-opening workshops that discuss the risks associated with drug and alcohol use and the importance of making safe choices.

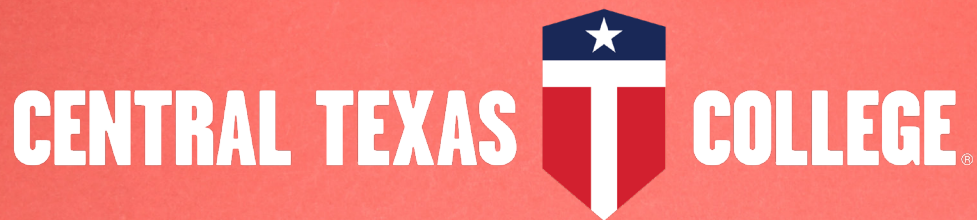
Interactive Activities: Engage in fun and educational activities that promote healthy and responsible behaviors during Spring Break.

Expert Talks: Hear from health professionals and motivational speakers who will share valuable insights and personal experiences about staying safe.

Resource Booths: Visit various booths to collect information on services and support systems available to help maintain a safe and enjoyable Spring Break.

Let's ensure this Spring Break is fun but also safe and responsible. Your safety is our priority. We look forward to seeing you at the Anderson Center on March 11th to actively participate in creating a safer community for yourself and others.

Lunch & Learn (Faculty & Staff Only) – Join us April 15th, from 12 to 2 PM, as we introduce the Red Folder Initiative with Wellness & Counseling Services. This initiative will empower faculty and staff to recognize signs of distress in students and respond effectively.



Fitness Challenge Groups:

- **Thursday January 30, 2025 @ 4:30 PM: SMART Goal setting with Ana Ruiz-LCSW-S/Counselor (Building 264)**
- **Thursday February 13, 2025 @ 4:30 PM: Zumba with Lola-Zumba Instructor (Gym-Room TBD)**
- **Thursday February 27, 2025 @ 4:30 PM: Nutrition & Meal Prep with Chef Lan & Chef Kevin (Building 264)**
- **Thursday March 13, 2025 @ 4:30 PM: Zumba with Lola-Zumba Instructor (Gym-Room TBD)**
- **Thursday March 27, 2025 @ 4:30 PM: Check on SMART Goal Progress with Ana Ruiz-LCSW-S/Counselor**
- **Last Group on Thursday April 10, 2025 @ 4:30 PM: Sound Waves of Lasting Change with Nadiya, LPC/Counselor (Building 264)**

Groups are also open to non-Fitness Challenge employees.