Workshops are regularly offered around GT campus in locations such as: The Library, GT Women’s Resource Center, Housing Communities, Greek chapters, and in the student center. Check our website at www.counseling.gatech.edu for a current schedule.

GT Counseling Center Faculty

Nelson Binggeli, Ph.D.
Mack Bowers, Ph.D.
Irene Dalton, Ph.D.
Mahlet Endale, Ph.D.
Ken Frontman Ph.D.
Rome Lester, M.S., LMFT
Michelle Lyn, Ph.D.
Abby Myers, Ph.D.
Kimber Shelton, Ph.D.
Ruperto Perez, Ph.D.

The Georgia Tech Counseling Center is a unit of the Division of Student Affairs. The Center is dedicated to enhancing the academic experience and success of all students by providing a variety of counseling and psychological services to individuals and the campus community. We provide short-term counseling services to address a wide range of personal and career concerns. Our services are available at no charge to currently enrolled students.

For more information, contact us at:

Georgia Tech Counseling Center
353 Ferst Drive, Suite 238
Student Services-Flag Building
Atlanta, Georgia 30332
404-894-2575
www.counseling.gatech.edu

Office Hours
Monday-Friday 8:00am-5:00pm

Rev. Aug, 2011
Menu of Workshops

**Stress**
- Stressbusters
- Stress Management 101
- Overcoming the stressors of Perfectionism & Procrastination
- Time Management I: Getting Started, Getting Organized
- Time Management II: Beyond the Daytimer
- A Mind-Body Approach to Stress Reduction
- Be at the Top of Your Game: Principles of Relaxation and Stress Management from Sports Psychology

**Academics**
- Academic Enhancement
- Mind Matters: Using Psychology to Enhance your Academic and Test Performance
- Time Management
- Essential Study Skills and Test-Taking Strategies

**Career**
- Finding Work You Love
- Help! I need to change my major!

**Personal Growth**
- Conversations (How to Talk to Anybody About Anything)
- Mind Matters: Making Your Personality Work for You
- Overcoming Indecision: Strategies for Life’s Choices
- Overcoming Procrastination
- Understanding Dreams

**Diversity**
- Welcome to America (adjustment for international students)
- Successful Communication in a Global Society
- Stress Management for International Students
- Managing Stress for Ethnic Minorities

**Relationships**
- Assertiveness
- Building Positive Relationships
- How to Survive the Loss of a Relationship

To request a workshop or a guest lecture, contact Dr. Mahlet Endale at Mahlet.Endale@vpss.gatech.edu

Please provide a minimum of two weeks advance notice for the faculty member who is requested to present.

The faculty of the Georgia Tech Counseling Center are available to present workshops for student and faculty organizations, teams, departments, & housing communities. Additionally, counseling center faculty are available to provide guest lectures in classes on a variety of topics as requested.