



University of Maryland Eastern Shore
Counseling Services
Personal Development Series Fall 2012



SCHEDULE OF WORKSHOPS AND EVENTS

U Don't Have to Be "Crazy" to Get Counseling

Tuesday, September 25, 2012, 11:00 am - 12:00 pm
Student Services Center (SSC) - Room 2147

The purpose of this workshop is to dispel some of the stereotypical mental health myths that may discourage college students from seeking counseling services. The goal of this presentation is to inform students that Counseling Services is a confidential and safe place to work on any developmental, emotional or psychological concerns that may be creating discomfort or distress.

Presenter: Dr. Melanie Davenport

Adjusting to College

Thursday, September 27, 2012, 6:30 pm - 8:00 pm
Nuttle Hall Lobby

The purpose of this workshop is to help students understand the importance of adjusting to college life; understand their unique styles of adjusting to college. Students will realize the expectation and perceptions they have of themselves and identify strategies to better adjust to college.

Presenter: Mr. Cedric Rashaw

De-Stress 4 Midterm Success

Tuesday, October 2, 2012, 11:00 am - 12:00 pm
Student Services Center (SSC) - Room 2144

The purpose of this workshop is to have participants learn the 3S strategies – symptoms, sources and solutions to minimize or alleviate stressors.

Presenter: Dr. Melanie Davenport

Time Management: The Foundation of Academic Success

Thursday, October 4, 2012, 11:00 am - 12:00 pm
Student Services Center (SSC) - Room 2144

Time is most difficult to control because it is so easy to waste. Does your time manage you, or are you managing your time? The goal of this presentation is to create a well planned schedule to ensure effective use of time. Participants will also learn how to organize study time and apply helpful time management tips.

Presenter: Dr. Melanie Davenport

Dating Violence/Sexual Assault Risk Reduction Workshop

Thursday, October 25, 2012, 6:00 pm - 7:30 pm
Center for Access & Academic Success— Room 2201

This workshop will have students explore what their attitudes and beliefs are about sexual assault, in the context of both moral and legal issues. Identify factors associated with sexual assault risk reduction. Students will discuss partner violence and understand the signs and symptoms associated with having gone through a traumatic experience.

Presenter: Mr. Cedric Rashaw

Managing the Winter Holiday Blues

Tuesday, November 27, 2012, 6:30 pm - 8:00 pm
Office of Residence Life (ORL) Community Center

This workshop will normalize the experience of the "Holiday Blues" and help students go into the winter holiday season with realistic expectations; and provide students with ways to deal with holiday blues being on winter break.

Presenter: Mr. Cedric Rashaw

For more information contact:
Counseling Services
Student Development Center
2nd Floor-Suite 2260
Office: (410) 651-6449 ** Fax: (410) 651-7752