

Here is a list of the workshops that are offered **THIS week and NEXT week: February 10 to 21.**

You will find a short description of which students the workshops are suitable for:

Exam Anxiety : Single sessions: 2 upcoming Thursdays

For students who want to understand the cause and learn to manage

Overcoming Procrastination : This Tuesday (MAC campus) & next Friday (downtown campus)

For students who tend to scramble at the last minute to finish work and study

Coping with Stress: Tomorrow!

For students who need to cope with stress and who are looking for strategies

Coping with Perfectionism: This Wednesday

For students who are never satisfied and want to learn to set realistic goals

Understand Who You Are with the MBTI: On Valentine's day!

For students interested in learning about strengths and leadership style

PhD Support Group

Next week:

Study Skills

For students who need to get organized, find balance, and study more efficiently

PACE - *Program for the Advancement of Career Exploration*

For students who are questioning their major or career options

Sitting Meditation

For students who are looking for some peace on campus

International Students Support Group

Registration on [our website](#) is now open!

For more information, feel free to contact me or visit [our website](#).

Pascale Gendreau, on behalf of the Counselling Service Team

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[Counselling Service Workshops and Groups – THIS week and NEXT week: February 10th to 21st](#)