Can You Relate?
Tools for Connecting to Others

Drop-in Workshops
CMA 5.136
Thursdays 3:15 to 4:30 pm

These open, drop-in workshops are aimed at helping students increase their interpersonal skills. Each week will feature a different theme in the area of interpersonal relationships. Workshops will be a combination of educational content, as well as activities. Students may elect to attend weekly or based on topics of interest. Open to all ages and genders.

9/18 - Making Connections: Improving Your Interpersonal Skills
9/25 - Can You Hear What I'm Saying?: Assertive Communication Skills
10/2 - Grounding the Helicopter: Setting Boundaries with Parents
10/9 - What's Your Deal?: Resolving Conflict Productively
10/16 - Pros and COMMs: Improving Your Professional Communications
10/23 - Language of Love: Communicating with a Partner
11/6 - Social Literacy: Skills for Reading People Better
11/13 - Positive Sandwich: Giving and Receiving Feedback

For more information, please call:
512-471-3715

CMHC
UT Counseling and Mental Health Center
Division of Student Affairs