

Carnegie Mellon University

Counseling and
Psychological Services

Summer Workshops

MAY 27, 2020 - 12:00-1:00 PM EST

Nurture your psychological well-being during your job search *in collaboration with CPDC
Zoom ID: 96335602381

JUNE 2, 2020 - 2:00-3:15PM EST

Compassionate Motivation: How Our “Inner Critic” Keeps us Stuck
Zoom ID: 92329739829

JUNE 19, 2020 - 1:00-2:00PM EST

A Little Piece of Home: Nurturing the connection with home as an international student
Zoom ID: 99363605024

JUNE 22, 2020 - 12:00-2:00PM EST

QPR: Suicide prevention training
Zoom ID: 97765175928



Carnegie Mellon University

Counseling and
Psychological Services

Summer Workshops

JULY 13, 2020 - 4:30-5:45PM EST

*Understanding and resisting power differential
experienced by international students*

Zoom ID: 91418473454

JULY 22, 2020 - 2:00-3:00PM EST

*Spiral Up: Intuitive Eating and How to Be Kind
to Your Body in Times of Stress*

Zoom ID: 96946231522

AUGUST 3, 2020 - 1:00-3:00PM EST

*Solitude & Connectedness: Transforming
isolation into meaningful relatedness to self,
others, and the natural world*

Zoom ID: 97765175928

**AUGUST 13, 2020 - 1:00-3:00PM
EST**

QPR: Suicide prevention training

Zoom ID: 97765175928

