



# WELLNESS WORKSHOPS FALL 2025

**WEDS,  
Sept 17**  
3:00 - 4:00

**Stress Survival Kit**  
Learn practical ways to manage daily stress and improve your mental clarity.

**WEDS,  
OCT 22**  
3:00 - 4:00

**Stuck & Overwhelmed: Overcome Task Paralysis**  
Get unstuck and back into action for achieving your goals and enjoying learning.

**WEDS,,  
NOV 19**  
3:00 - 4:00

**ACT Beyond Procrastination**  
Take charge of your learning and reduce academic procrastination using effective exercises.

**Tues,  
DEC 2**  
3:00 - 4:00

**Ace the Exam: Calm the Stress**  
Learn in-the-moment strategies for calming test anxiety and improving test performance.

**All workshops located in the Success Center  
(LRC 137)  
Check in at the Front Desk**

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If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in these events, please submit your request at <https://www.cerritos.edu/accommodations-request> within 7 school days in advance of the event.