

# College of ACES



**COUNSELING CENTER**  
counselingcenter.illinois.edu

Fall 2022



## Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



MONDAYS  
1pm - 2pm

TUESDAYS  
2pm - 3pm

WEDNESDAYS  
3pm - 4pm

Room 124 →

124



[mlayng@illinois.edu](mailto:mlayng@illinois.edu)

# Common Struggle

## Stress and our reactions

Perfectionism.....Procrastination...

Where do you want to grow this year?

[mlayng@illinois.edu](mailto:mlayng@illinois.edu)



# Counseling Center

## Fall 2022 Skill-Building Programs

### **RIO**

- September 13 & 20 (Tuesday) 5 p.m. Zoom
- September 19 & 26 (Monday) 6 p.m. Engineering Hall 106B6
- September 20 & 27 (Wednesday) 5 p.m. Mumford Hall 124
- October 3 & 10 (Monday) 4 p.m. Wohlers 170
- October 4 & 11 (Tuesday) 4 p.m. Lincoln Hall 2043
- October 5 & 12 (Wednesday) 7 p.m. ISR 94AB
- October 19 & 26 (Wednesday) 5 p.m. BIF 1041
- October 25 & November 1 (Tuesday) 5 p.m. Zoom
- October 27 & November 3 (Thursday) 6 p.m. Zoom
- November 2 & 9 (Wednesday) 6 p.m. Zoom
- November 10 & 17 (Thursday) 7 p.m. Zoom
- November 28 & December 5 (Monday) 7 p.m. Zoom
- November 30 & December 7 (Wednesday) 7 p.m. Zoom





## InFocus

Series 1: September 15, 22, 29 & October 6 (Thursdays) 1-2:30 p.m.

Psych Building 11

Series 2: October 27, November 3, 10, & 17 (Thursdays) 5-6:30 p.m.

Zoom



## Perfectionism

Series 1: October 7, 14 & 21 (Fridays) 1-2:30 p.m. Lincoln Hall 1092

Series 2: November 4, 11 & 19 (Fridays) 1-2:30 p.m. Zoom

## Test Anxiety

October 25 (Tuesday) 1-2 p.m. Lincoln Hall 1027

November 15 (Tuesday) 1-2 p.m. Zoom

December 6 (Tuesday) 6-7 p.m. Zoom





## CAAP

September 19 (Monday) 5:30-7 p.m. Student Services Building 44  
October 18 (Tuesday) 5:30-7 p.m. Student Services Building 44  
November 28 (Monday) 5:30-7 p.m. Student Services Building 44

## MIC

September 27 (Tuesday) 5:30-7 p.m. Student Services Building 44  
October 24 (Monday) 5:30-7 p.m. Student Services Building 44  
December 6 (Tuesday) 5:30-7 p.m. Student Services Building 44





# Counseling Services



Initial Appointment



Let's Talk



Time-Limited Therapy



Urgent/Crisis Calls



Group Therapy







Workshops



[mlayng@illinois.edu](mailto:mlayng@illinois.edu)

# How to Find Us

-  /IllinoisCounselingCenter
-  @IllinoisCounselingCenter
-  @UI\_Counseling
-  /UniversityofIllinois  
CounselingCenter

## Hours of Operation\*

Monday, Tuesday, and Friday: 8:00 am – 5:00 pm

Wednesday & Thursday: 8:00 am – 7:00 PM



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217-333-3704