



Remotely Interesting: BCC Spring 2021 Workshops



Let's come together on Zoom to explore who we are and how we see the world. Each workshop is offered 2x/week, once during the day and once in the evening. You're welcome to attend either session. Open to all Brandeis students.

Week 1: Watching the Train Derail— Our Response to the World Right Now

Tue, 2/9 @ 6pm OR Fri, 2/12 @ 1pm
Examine the feeling of helplessness during the pandemic and what you can do to manage it.

Week 3: P.O.W.E.R. Model of Anxiety

Tue, 2/23 @ 6pm OR Fri, 2/26 @ 1pm
What are your superpowers, and how does anxiety zap them? Learn ways to fight back worry to regain your sense of power and connection.

Week 5: Picture Perfect

Tue, 3/9 @ 6pm OR Fri, 3/12 @ 1pm
Use art to learn to let go of perfectionism. No artistic ability or supplies needed.

Week 7: Breaking Down Break-Ups

Tue, 3/23 @ 6pm OR Fri, 3/26 @ 1pm
Has an important relationship (romantic, friend, family) ended during pandemic times? Come learn how to cope with the spectrum of break-ups.

Week 9: It's a Mad, Mad World— Anger Management

Tue, 4/13 @ 6pm OR Fri, 4/16 @ 1pm
"Anger is loaded with information and energy" (Audrey Lorde). Explore how anger's messages and energy can help you manage it better.

Week 11: Learned Hopefulness

Tue, 4/27 @ 6pm OR Fri, 4/30 @ 1pm
Hope isn't something you have or you don't. Learn to cultivate your hopefulness skills.

Week 2: Belonging vs. Fitting In

Tue, 2/16 @ 6pm OR Fri, 2/19 @ 1pm
What's the difference between belonging and fitting in? Explore how we understand belonging, quirks and all.

Week 4: Sex and Dating, Pandemic-Style

Tue, 3/2 @ 6pm OR Fri, 3/5 @ 1pm
Come talk boundaries and consent in romantic and sexual relationships during COVID to help get what you want from relationships.

Week 6: Are You Using Downtime Well?

Tue, 3/16 @ 6pm OR Fri, 3/19 @ 1pm
When it comes to self-restoration, we all have options. Discover different energy needs and how to refuel through various forms of rest.

Week 8: Why Wait? Three Kinds of Procrastination

Tue, 4/6 @ 6pm OR Fri, 4/9 @ 1pm
Find out what kind of procrastination might be holding you back and what you can do about it.

Week 10: The Problem with Happiness

Tue, 4/20 @ 6pm OR Fri, 4/23 @ 1pm
What are the myths we tell ourselves about happiness, and how do we tap into it for real?



To register for one or more workshop(s), [CLICK HERE](https://brandeis.qualtrics.com/jfe/form/SV_0pLLtGpljOdjAG1) or go to https://brandeis.qualtrics.com/jfe/form/SV_0pLLtGpljOdjAG1