



Are you a college student experiencing anxiety?

The Hudson Valley Center for Cognitive Therapy (HVCCT) is pleased to offer the following new coaching series:

“Anxiety Management & Performance Enhancement for College Students”

College is a time of significant change and challenge. While these years are often enjoyable, they can also be a time of high anxiety and stress. Students are faced with the pressures of academics, meeting new people, career decisions, and becoming more independent. Many college students are overwhelmed and consumed with worry. Some are sleep deprived and suffer from headaches and stomachaches. Many become moody, irritable, and even depressed.

The HVCCT now offers a 5 session coaching series designed to help students cope more effectively with stress and anxiety and increase their self-confidence. The topic covered in each workshop is tailored to the individual student and focuses on his or her particular needs. Examples of topics include:

- **Anxiety Reduction**
- **Test Anxiety**
- **Public Speaking**
- **Balance of Work & Leisure**
- **Perfectionism**
- **Study Skills / Organization**
- **Motivation**
- **Focusing Attention**
- **Procrastination**
- **Time Management**
- **Interpersonal Effectiveness**

Students work individually with a licensed psychologist who serves as a “coach” during the process. Students will learn specific strategies and tools to reduce stress and anxiety and increase self-confidence. These strategies can ultimately enhance performance and prepare them for the academic, emotional, and mental challenges they face in their college years and beyond.

For more information, please contact:
Dr. Christine Ziegler, (845) 353-3399 Ext. 12
Or, visit the HVCCT website:
<http://www.hvcct.com>