

REGULATING OUR EMOTIONS

Facilitator of the Workshop: Dr. Eda Sun Selşik

The workshop will be interactive and we will be talking and making exercises about the following topics;

- The significance of emotions in our life
- Increasing awareness of our emotions
- Effective expression of emotions
- Exploring the interrelationships among our emotions, thoughts & behaviors

The workshop consists of 2 sessions. The sessions will be conducted in two consecutive weeks. Each session will take approximately 90 minutes. The workshop will be carried out with 10 students (maximum) so if you are interested in participating please fill in the “Workshop Participation Form” in our website (<http://www.ogpdm.ncc.metu.edu.tr/>) and mail it to us (nccogpdm@metu.edu.tr) till **March, 16th for the latest.**

Date: I. Session: March, 18th (Tuesday)

II. Session: March, 25th (Tuesday)

Time: 6:00 – 7:30 pm

Place: Group Room in Student Development & Counseling Center



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