Counselors are available to host workshops in classrooms and residence halls. Some outreach activities include annual screening events for depression, anxiety, eating disorders, alcohol use and the Booze and Blues Festival.

Counseling Center staff members may be called upon to arrange a presentation, workshop or seminar suitable for your group’s programming needs. Our seminars and experiential workshops may be used by faculty to apply toward partial course credit.

Student organizations, other campus-based groups and faculty may request a speaker/facilitator from the Counseling Center, ordinarily, at no additional cost. To get the full advantage of our expertise, however, it is advisable to contact us when you begin your planning.

We hope that the ideas here will stimulate your planning needs for programming and curriculum-based needs. The topic areas are suggestions around which planning can occur and are frequently requested.

**TOPICS**

- Cultural Diversity/Multiculturalism
- Appreciating Differences
- Accepting Challenges in Abilities
- Coping Effectively with Life Changes
- Stress Management
- Management of Loss and Change
- Coping with College
- Crisis Intervention and Management
- Personal and Professional Growth Strategies
- Values Clarification
- Assertiveness Training
- Time Management
- Developing a Philosophy of Health and Wellness
- Anger and Conflict Management
- Problem Solving Techniques and Skills
- Vocational Interest Assessment
- Effective Study Skills
- Developing a Positive Attitude
- Relationships
- Developing Healthy Relationships
- Domestic Violence
- Conflict Resolution
- Negotiating Sex in Relationships
- Male/Female Relationships
- Clinical Issues
- Alcohol and other Drugs Awareness and Abuse
- Surviving Physical, Sexual or Emotional Trauma
- Depression
- Anxiety
- Eating Habits and Body Image Issues
- Rape and Sexual Assault
- Helper and Leader Skills Training
- Effective Communication
- Mentoring
- Team Building
- Student Leadership Skills
- Personality and Career Assessments
- Vocational Decision Making
- Interests Assessments
PRESENTATION REQUEST FORM

Topic Area(s):
1. __________________________________________
2. __________________________________________
3. __________________________________________

Presentation Date(s): at least two weeks notice required.

event date, start time and length of program
1. __________________________________________
2. __________________________________________
3. __________________________________________

Requested Presenter
1. __________________________________________
2. __________________________________________
3. __________________________________________

Group/Class/Dept.

________________________________________

Audience Size: ____________________________
phone #: ________________________________
email: _________________________________
Campus Address: _______________________

Please return this request form to the Counseling Center, Student Health Building, 2nd Floor or via email to counseling@nccu.edu. For additional information, call 919-530-7646. A confirmation statement will be provided to reserve your presentation slot.