

# CAPS for Counseling Services **workshops** *spring 2020*

## Get Connected

### 4 WORKSHOPS - ATTEND ONE, ANY OR ALL

#### **New students, let us help you get acclimated to Tulane!**

Get Connected is a 4-week semi-structured workshop series for students who recently joined the Tulane University family including Spring Scholars, international students and transfer students. Focus will be given on helping students acclimate to the University and the city of New Orleans,

#### **AREAS OF FOCUS**

- acclimating to Tulane
- acclimating to NOLA
- connecting with campus partners
- adjusting to new environment
- creating a safe space
- engaging with other new students

connect with campus partners who can assist students to adjust to their new environment, and creating a space for engagement with other new students. Join us as we collectively work to build a community of continued support.

**Students are invited to drop in without feeling pressured to attend every week, and there is no need to register with CAPS.**

**Fridays, 10 to 10:50 a.m. in Mussafer 116**

**January 24, 31  
February 7, 14**

To learn more, call 504-314-2277.  
[campushealth.tulane.edu/caps](https://campushealth.tulane.edu/caps)

CAPS for Counseling Services | Uptown Science & Engineering Lab Complex, 1st Floor | Downtown 127 Elks Place, Room 261



**Campus Health**  
TULANE UNIVERSITY