

MTSU Counseling Services

The Power of Perception

Discover how you view the world & its impact on you

- **Determine if you are a pessimist or an optimist.**
- **Learn to respond rather than react.**
- **Identify the thoughts, core beliefs, and rules that harm and help you.**
- **Meditate for self-awareness and goal achievement.**
- **Discover how thoughts, feelings, and behaviors work together.**
- **Identify what you want and how to make it happen.**



When: Thursdays, Sep. 18 – Oct. 23

TIME: 3:00-4:00PM

Location: Zoom

If you have any questions, please contact Melanie Magliacano at melanie.magliacano@mtsu.edu.

PLEASE NOTE: These workshops are psycho-educational and only for MTSU students. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

CRISIS LINE: 988
1-800-273-TALK (1-800-273-8255)

