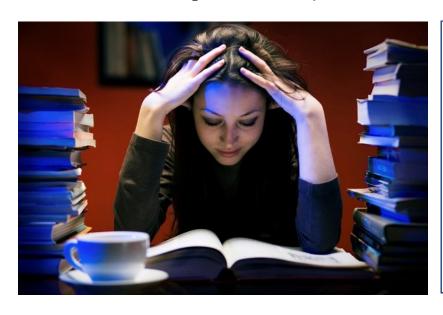
## SKILLS FOR SUCCESS

## Sponsored by the Counseling Center



## Wednesdays

 $12 - 12:45 \,\mathrm{pm}$ 

Commons Room 327

**FALL 2018** 

<ul> <li>Procrasti</li> </ul>	nation	Oct 24
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Stress Management Oct 31

Time Management Nov 7

Test Anxiety Nov 14

Motivation/Goal-Setting Nov 28

Sleep/Get through Finals Dec 5





## The Counseling Center

**University of Maryland Baltimore County** 

phone: 410-455-2472

counseling.umbc.edu/skills4success