

SKILLS FOR SUCCESS

Sponsored by the Counseling Center



Wednesdays

12 – 12:45 pm

Commons Room 327

SPRING 2019

- **Procrastination** April 3
- **Stress Management** April 10
- **Time Management** April 17
- **Test Anxiety** April 24
- **Motivation/Goal-Setting** May 1
- **Sleep/Get through Finals** May 8



More information at: counseling.umbc.edu/skills4success



The Counseling Center

University of Maryland Baltimore County

phone: 410-455-2472

website: counseling.umbc.edu