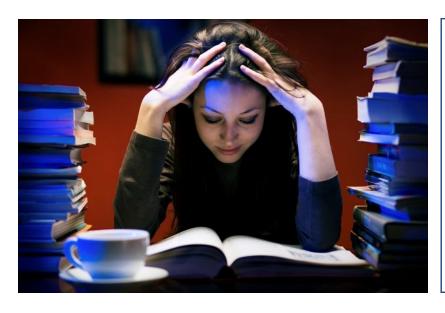
## SKILLS FOR SUCCESS

## Sponsored by the Counseling Center



## Wednesdays

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

**SPRING 2018** 

Procrastination April 4

Stress Management April 11

Time Management April 18

• Test Anxiety April 25

Motivation/Goal-Setting May 2

Sleep/Get through Finals May 9

More information at: counseling.umbc.edu/skills4success



## The Counseling Center

**University of Maryland Baltimore County** 

phone: 410-455-2472

website: counseling.umbc.edu

