



RETRIEVER
INTEGRATED
HEALTH

*No registration is
required for this
workshop.*

EXECUTIVE FUNCTIONING WORKSHOP SERIES

*For more information, visit our
myUMBC events page!*



In this 3-session series you'll learn practical tools to help you manage your life in a way that better matches your needs.

- ✓ Session 1: Metacognition, Time Management, & Flexibility
- ✓ Session 2: Task Initiation, Self-Control, & Perseverance
- ✓ Session 3: Memory, Attention, Organization, & The Wall of Awful



Thursdays 2:30pm-3:30pm

October 3 - Center for Well-Being 118

October 10 - Center for Well-Being 205

October 17 - Center for Well-Being 118

or scan to join virtually via Webex



All RIH services are LGBTQIA2S+ friendly and are welcoming to all diverse populations.



If you need accommodations for a disability, please contact swill1@umbc.edu at least one week prior to the start of the workshop.