

# SKILLS FOR SUCCESS

Sponsored by University Counseling Services



**Wednesdays**

**12 – 12:45 pm**

**Commons, 3rd floor**

**FALL 2012**

- **TIME MANAGEMENT**
- **PROCRASTINATION**
- **STRESS MANAGEMENT**
- **TEST ANXIETY**
- **MOTIVATION**
- **“Get Through Finals!”**

(see website for details: [www.umbc.edu/counseling](http://www.umbc.edu/counseling))



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