

SKILLS FOR SUCCESS

Sponsored by the Counseling Center



Wednesdays

12 – 12:45 pm

**In Commons Room 329
or the Counseling Center**

SPRING 2016

- **Procrastination** **March 30**
- **Stress Management** **April 6***
- **Time Management** **April 13**
- **Test Anxiety** **April 20**
- **Motivation/Goal-Setting** **April 27**
- **Sleep/Get through Finals** **May 4***

***Workshop will be held at the Counseling Center.**



The Counseling Center

University of Maryland Baltimore County

phone: 410-455-2472

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