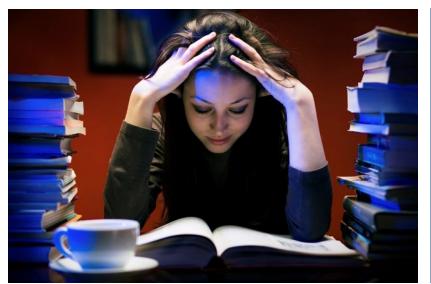
SKILLS FOR SUCCESS

Sponsored by the Counseling Center



Wednesdays 12-12:45pm In Commons Room 329 or the Counseling Center SPRING 2016

- Procrastination
- Stress Management
- Time Management
- Test Anxiety
- 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 www.umbc.edu/counseling www.facebook.com/CounselingUMBC



March 30 April 6* April 13 April 20