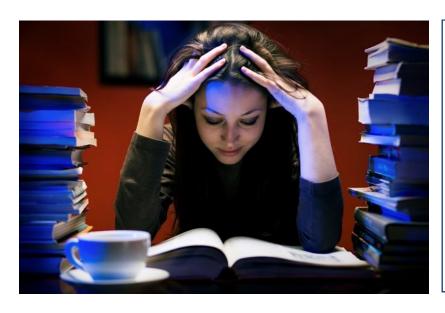
SKILLS FOR SUCCESS

Sponsored by the Counseling Center



Wednesdays

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

Commons Room 327

FALL 2016

| • | Procrastination | Oct 12 |
|---|------------------------|--------|
| • | | |

Stress Management Oct 19

Time Management Oct 26

• Test Anxiety Nov 2

Motivation/Goal-Setting Nov 9

Sleep/Get through Finals Nov 16*

*last workshop will be in UC 310; all other workshops will be in Commons 327





The Counseling Center

University of Maryland Baltimore County

phone: 410-455-2472

counseling.umbc.edu/skills4success