

# SKILLS FOR SUCCESS

Sponsored by the Counseling Center



**Wednesdays**

**12 – 12:45 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

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[counseling.umbc.edu/skills4success](http://counseling.umbc.edu/skills4success)