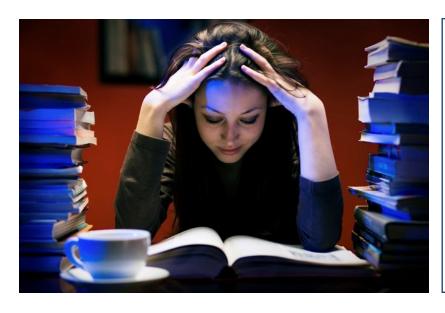
SKILLS FOR SUCCESS

Sponsored by the Counseling Center



Wednesdays

12 - 12:45 pm

In Commons Room 327

SPRING 2017

Procrastination March 8

Stress Management March 15

Time Management April 5

Test Anxiety April 12

Motivation/Goal-Setting April 19

Sleep/Get through Finals April 26

More information at: counseling.umbc.edu/skills4success



The Counseling Center

University of Maryland Baltimore County

phone: 410-455-2472

website: counseling.umbc.edu

