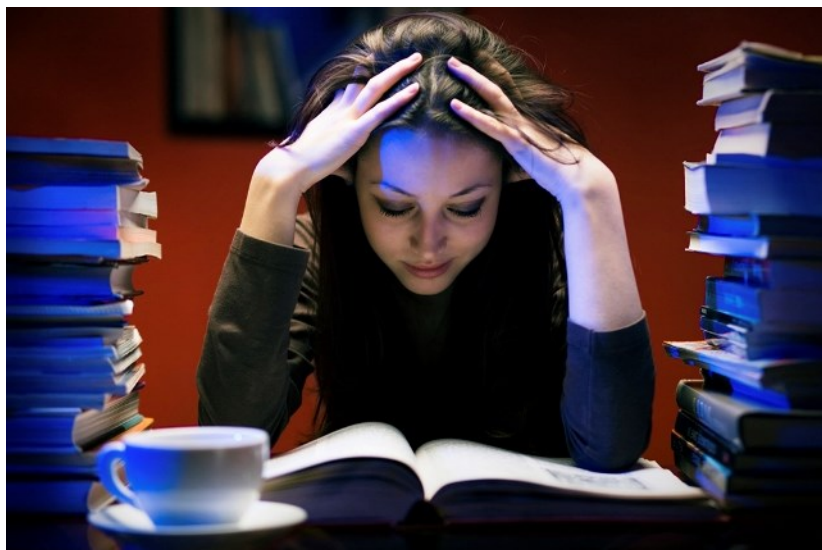


SKILLS FOR SUCCESS

Sponsored by the Counseling Center



Wednesdays

12 – 12:45 pm

Commons Room 328

FALL 2017

- **Procrastination** Oct 25
- **Stress Management** Nov 1
- **Time Management** Nov 8
- **Test Anxiety** Nov 15
- **Motivation/Goal-Setting** Nov 29
- **Sleep/Get through Finals** Dec 6



The Counseling Center
University of Maryland Baltimore County

phone: 410-455-2472

counseling.umbc.edu/skills4success