

# SKILLS FOR SUCCESS

Sponsored by the Counseling Center



**Wednesdays**

**12 – 12:45 pm**

**SPRING 2018**

- **Procrastination** April 4
- **Stress Management** April 11
- **Time Management** April 18
- **Test Anxiety** April 25
- **Motivation/Goal-Setting** May 2
- **Sleep/Get through Finals** May 9



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



**The Counseling Center**

University of Maryland Baltimore County

phone: 410-455-2472

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