

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