

# SKILLS FOR SUCCESS

Sponsored by the Counseling Center



**Wednesdays**

**12 – 12:45 pm**

**Commons Room 327**

**FALL 2018**

- **Procrastination** Oct 24
- **Stress Management** Oct 31
- **Time Management** Nov 7
- **Test Anxiety** Nov 14
- **Motivation/Goal-Setting** Nov 28
- **Sleep/Get through Finals** Dec 5



The Counseling Center  
University of Maryland Baltimore County

phone: 410-455-2472

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