

# SIT, STAY, FOCUS:

## SKILLS FOR EXECUTIVE FUNCTIONING



**Learn practical tools to help you organize, prioritize, and thrive in this 3-session workshop designed to support your personal and academic success!**



Virtual meeting on Fridays,  
February 27, March 6 and 13  
11:30 a.m. - 12:30 p.m.

**To learn more, visit our [myUMBC](#) page!**

All programs, events, and opportunities are open to full participation by all individuals, regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal, state, and University nondiscrimination policies.