

UNIVERSITY SKILLS SERIES

Join us for four noon-hour discussions on:

- **TIME MANAGEMENT:**
Coping with the Load
- **READING A TEXTBOOK:**
What's the Point?
- **STRESS MANAGEMENT**
- **HOW TO STUDY FOR EXAMS:**
Questions and Answers

SERIES I

*MONDAYS from 12 noon to 1 p.m. in
163 Behavioural Sciences Building*

September 29	Stress
October 6	Reading
October 20	Time
October 27	Exams

SERIES II

*THURSDAYS from 12 noon to 1 p.m. in
B01 Administrative Studies Building*

October 2	Time
October 9	Reading
October 16	Stress
October 23	Exams

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145 Behavioural Sciences Building
736-5297