

The
Counselling & Development Centre
presents

The University Skills Series

- TIME MANAGEMENT: Creative Procrastination
- READING A TEXTBOOK: What's the Point?
- STRESS: Friend or Foe?
- HOW TO STUDY FOR AND WRITE EXAMS:
Questions and Answers

Come to four weekly sessions in Room 162 Behavioural Sciences Building.
Choose the time that suits you best (SPACE LIMITED)

- TUESDAYS at 12 Noon
Oct. 1 - Time; Oct. 8 - Reading; Oct. 15 - Stress; Oct. 22 - Exams
- TUESDAYS at 1 p.m.
Oct. 8 - Time; Oct. 15 - Reading; Oct. 22 - Stress; Oct. 29 - Exams
- WEDNESDAYS at 5 p.m.
Oct. 2 - Time; Oct. 9 - Reading; Oct. 16 - Stress; Oct. 23 - Exams

CDC
145 Behavioural Sciences Building
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Counselling

Education

Research

Clinical Training