



Study Better, Stress Less

Fall 2017

This workshop is designed for learning new skills to help you achieve academic success and reduce your stress levels. Procrastination, attentional struggles, test anxiety, lack of time management/organization, and academic anxiety will be addressed.

Dates: Tuesdays, Weeks 2-10

(Oct. 10th, 17th, 24th, 31st & Nov. 7th, 14th, 21st, 28th & Dec. 5th)

Time: 3:00pm-4:00pm

Location: Murray's Place @ Student Health Services

Facilitator: Dr. Morgan Anderson

Want to gain skills to increase well-being today? CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. You do not need to make an appointment -- simply show up and enjoy! These educational workshops are not professional counseling or psychotherapy. If you have any questions, please call 858-534-3755 or visit our website at caps.ucsd.edu for more information. See you there!