

Workshop for Managing Academic Stress



Are you feeling stressed or overwhelmed by your classes? Feeling burnt out?

Then this workshop is for you!

Learn new skills including: time management, relaxation, and how to handle stress. Learn how to find a balance between all of your responsibilities.

When: Thursdays from 1 PM- 1:45 PM (during Common Hour)

Dates: October 10th, 17th, 24th, 31st and November 7th

Where: Counseling Health and Wellness Center

Phone: Call 973-720-2257 to register for this group

Session 1: Study Skills and organization

Session 2: Stress Management Part 1

Session 3: Stress Management Part 2

Session 4: Managing disappointments from grades

Session 5: Balancing school & life commitments