Feeling Good About My 24 Hours

Wednesday, November 1, 2017
10:30am-1 2:00 pm | Garrison Room, MU

Please register: https://feelinggood24hours.eventbrite.com

Do you wonder where your time goes? Are you finding it difficult to juggle self-care, graduate school, friendships, partnerships, family relationships, your job, and more? The goals of this workshop are to help grad students gain tools to help manage their multiple responsibilities, to gain insight into the personal barriers to more satisfying use of your time, and to clarify values that can help grad students prioritize their multiple demands.

Workshop Leader:

Dr. Bai-Yin Chen, Psychologist, Counseling Services
Bai-Yin Chen is a psychologist specializing in college mental health and graduate student concerns and issues.

Sponsored by Counseling Services and

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