Stuck in a Rut Again!

Implementing Strategies to Activate Behavior and Increase Motivation

Fall 2022 Workshop for Students

This workshop will discuss how behavioral activation and mood tracking can assist students in understanding how they are feeling and give practical tips for increasing motivation.

When & Where
Wednesday, October 19
10:00-11:00 AM
Via Zoom

NO CHARGE!

RSVP: studentcounseling@unm.edu
Deadline to Register: 1 Business Day Before Workshop

shac.unm.edu