



Career & Mental Health

Fall 2022 Zoom Workshop

Do you feel anxious about your career path? This workshop will offer a brief synopsis of the fluctuating meaning of work among humans. It will also examine how social attitudes, technology, and the evolving value of a college education continues to influence the nature of work and the effect it can have on graduates. Learn ways to deal with career uncertainty so you can be happier and less anxious.

When & Where

Tuesday, September 27
10:00 AM-11:00 AM
Via Zoom

What You'll Learn:

- Tips on how to manage anxiety
- Coping and adapting skills
- Practicing career adaptability

NO CHARGE!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop