



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 12

10:00-11:00 AM

Via Zoom

NO CHARGE!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop