

SURVIVING MIDTERMS

OCT 3rd 2-3:30 PM/ OCT 5TH 12-1:30 PM

FREE WORKSHOP!
FALL 2023



Learn:

- ✓ *New study skills to help you be successful*
- ✓ *Self-care tips and best practices to look after yourself during this busy time.*
- ✓ *What burnout looks like and how to avoid it*

**Sign Up
Now!!
Students
can attend
for FREE!**



STUDENT HEALTH
& COUNSELING

Email tholland1@unm.edu to register by selecting
which workshop you want to attend!