

The Counseling Center Presents:

Student Success Seminars

Free 50-minute seminars to aid in student success!

ONLINE

Zoom: 916 4094 8848

IN-PERSON

Self-Acceptance vs. Self-Esteem Thursday, September 23 at 11:00 a.m.	Sleep Hygiene Wednesday, October 6th at noon CSU 203
Strategies for Successful Online Learning Friday, September 24 at noon	Overcoming Procrastination Friday, October 8th at noon CSU 203
Gender Unicorn - Come Explore Your Identity Friday, October 15th at 3:00 p.m.	Increasing Motivation Tuesday, October 26th at 3:00 p.m. CSU 204
Balancing Life as a Student Tuesday, October 19 at 1:00 p.m.	Imposter Syndrome with the BIPOC Population Thursday, November 4th at 2:00 p.m. CSU 204
Overcoming Worry Wednesday, October 20th at 3:00 p.m.	Finding Your Why Monday., November 8th at 11:00 a.m. CSU 204
Time Management Wednesday, November 10th at noon	Mindfulness Friday, November 19th at noon CSU 204
Self Compassion Wednesday, November 17th at 2:00 p.m.	
Overcoming Test Anxiety Thursday, December 2nd at noon	

 MINNESOTA STATE UNIVERSITY MANKATO

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