1. Manage Your Time
   Use your time wisely. Find out about time traps.
   Thursday, Feb. 7th  2:10 – 3:00  in R216
   Thursday, Mar. 7th  2:10 – 3:00  in R216

2. Study Smart
   Study smarter. Study effectively and efficiently.
   Monday, Mar. 4th  10:10 – 11:00  in R216
   Wednesday, Apr. 17th  12:10 – 1:00  in R216

3. Get Motivated
   Motivate yourself. Develop short and long term goals.
   Monday, Mar. 11th  10:10 – 11:00  in R216
   Monday, Apr. 8th  1:10 – 2:00  in R216

4. Manage Your Stress
   Identify your stressors. Learn to manage them.
   Thursday, Feb 21st  2:10 – 3:00  in R216
   Thursday, Apr. 18th  9:40 – 10:30  in R216

5. Solve Problems
   Identify and generate solutions to problems.
   Wednesday, Mar. 13th  12:40 – 1:30  in R216
   Wednesday, May. 8th  1:10 – 2:00  in R216