

Roadmap to Success!

College of Engineering Spring 2017 Workshops

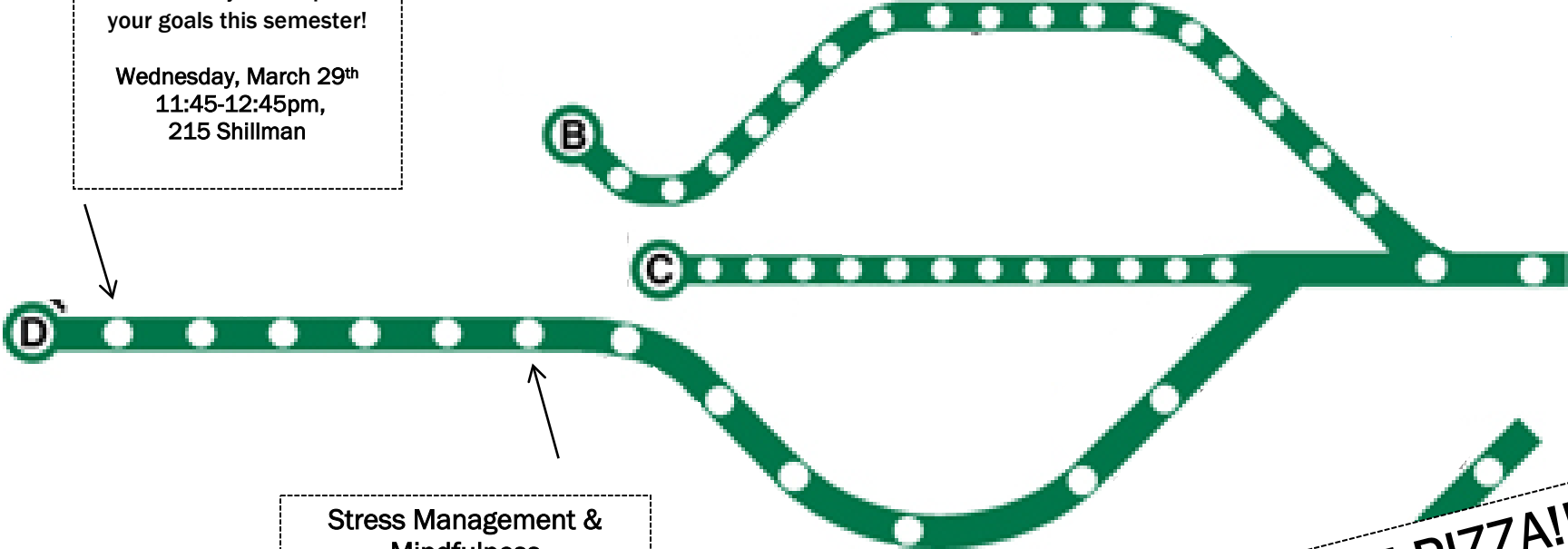


Creating SMART Goals

Let's talk about goal setting!

By using the SMART goal technique, and creating goal setting chart, you can successfully accomplish your goals this semester!

Wednesday, March 29th
11:45-12:45pm,
215 Shillman



Stress Management & Mindfulness

Does stress get in the way of studying for and taking finals? You're not alone! This intro to mindfulness training will focus on specific skills to support your peace of mind and manage your stress as you head into this last phase of the semester.

Wednesday, April 12th
11:45-12:45pm,
215 Shillman

