ILLINOIS Counseling Center

Time Management Workshop

At times, it might feel like procrastination keeps you from truly accomplishing what's most important to you. This workshop will help you reflect on how you prioritize, learn task-management and motivation strategies, and understand the importance of self-care and allowing yourself breaks.

Monday, February 25, 4 to 4:50 p.m.
Friday, April 26, 3 to 3:50 p.m.
Student Services Building Room 44 (610 E. John Street, Champaign)

To register, visit counselingcenter.illinois.edu/TimeManagement.
Questions? Contact Dr. Jiyun Kang at jiyunk@illinois.edu.