



Stress Less for Success

Location:

Virtual

Description: The psychologists at the Counseling and Psychological Services will explain what stress is, discuss stressful experiences that international students may go through, talk about mental health and how to get help, and provide tools to manage stress.

This workshop is co-sponsored by [Counseling and Psychological Services \(CAPS\)](#) [1].

This session is being offered as part of International Orientation; however, registration is open to continuing students, as well.

Date	Time	Registration
Wednesday, August 18, 2021	1:00 PM - 2:30 PM	Register Here [2]

Tags:

[orientation](#) [3], [workshop](#) [4]

Source URL: <https://internationalcenter.umich.edu/events/stress-less-success>

Links

[1] <https://caps.umich.edu/>

[2] <https://sessions.studentlife.umich.edu/track/event/session/45258>

[3] <https://internationalcenter.umich.edu/event-tags/orientation>

[4] <https://internationalcenter.umich.edu/event-tags/workshop>