Stress Less for Success

Date and Time:
Thursday, August 22, 2019 - 10:30am to 12:00pm
Monday, August 26, 2019 - 1:00pm to 2:30pm

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. Activities to help students get to know each other, share their experiences, and learn specific strategies on how to manage stress will be offered.

<table>
<thead>
<tr>
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</thead>
<tbody>
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<td>Thu, Aug 22</td>
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<td>Jeff T Blau Hall and Kresge Hall, Ross School of Business B1560</td>
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Register Here

This workshop is co-sponsored by Counseling and Psychological Services (CAPS).

Tags:
orientation, workshop

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

Links
[1] https://internationalcenter.umich.edu/sites/default/files/event-image/STRESS%20LESS%20FOR%20SUCCESS%202019.jpg
[2] https://sessions.studentlife.umich.edu/track/event/1797
[3] https://caps.umich.edu/
[5] https://internationalcenter.umich.edu/event-tags/workshop