

Self-Management tools that work for you ✨

Learn practical tools to help you organize, prioritize, and thrive in this 3-session workshop designed to support your personal and academic success!

Executive Functioning Workshop Series (Hybrid)

Fridays, October 10, 17, and 24

11 a.m. - noon

Center for Well-Being, 118



**Scan here
to learn more!**



Session 1:

Metacognition,
Time Management,
& Flexibility



Session 2:

Task Initiation,
Self-Control,
& Perseverance



Session 3:

Memory, Attention,
Organization,
& The Wall of Awful



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***If you need accommodations for a disability,
please contact swill1@umbc.edu
at least one week prior to the start of the workshop.***

This event is open for full participation by all individuals regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal law, state law, and the University's nondiscrimination policy.