## Self-Management tools that work for you +

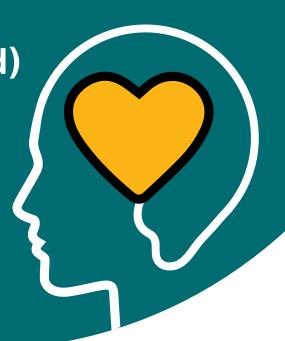
Learn practical tools to help you organize, prioritize, and thrive in this 3-session workshop designed to support your personal and academic success!

**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:





## Session 3:

Memory, Attention, Organization, & The Wall of Awful

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.

