BeSMART Workshop
FALL 2014

Are you always asking for assignment extensions? Do you frequently procrastinate... but want to change your habits?

Join us for a 5-session workshop on understanding factors impacting motivation and planning. Learn skills to set realistic goals and manage time effectively.

5 - Session Workshop Schedule:
Thursdays
12 - 1pm
Starts October 16

Have questions? Want to register?
Call: 617.373.2772, option #1 or E-mail: UHCS@neu.edu
Groups are held in the UHCS Conference Room, 135 Forsyth Building
Please note that groups are for Northeastern students only.