



EOPS/CARE, CALWORKS, & NEXTUP PRESENT:

Self-Management



Tuesday, May 7
Zoom | 4:00 to 5:00pm

The end of the semester sneaks up on us every time! Come learn helpful time and stress management tips to help support your success through finals.

Workshop Highlights

- Develop effective time management skills to prioritize tasks and maximize productivity.
- Learn stress management techniques to stay calm, focused, and energized.
- Discover practical tools and strategies to keep you organized and confident as you prepare for finals.

Who Should Attend

This workshop is open to all EOPS/CARE, CalWORKs, and NextUP students who want to learn more about self-management!

JOIN US!

Scan the QR Code or visit:
tinyurl.com/mc-self-management

