

# **POST-ITS FOR YOUR MIND**

## **HELP WITH SCHOOL DROP-INS**

### **DURING LINKS "A" SESSION**

### **LECTURE HALL**

#### **11/30**

#### **ORGANIZATION**

#### **SKILLS**

Find an organizational system that works for you.

#### **12/14**

#### **TIME**

#### **MANAGEMENT**

Tips on how to manage your time more effectively.

#### **1/12**

#### **TEST TAKING AND**

#### **ANXIETY**

#### **MANAGEMENT**

Learn strategies to keep you calm and feel prepared.

#### **2/16**

#### **NOTE TAKING**

Tricks on taking notes.

#### **3/16**

#### **MINDFULNESS**

Discover ways to become more present during your day.

## **LED BY THE**

## **COUNSELORS**

RSVP [HERE](#)

