

THURSDAY

APRIL 14

NOON-12:30 PM

ZOOM
webinar

ANXIETY AND PROCRASTINATION

Why does putting things off temporarily reduce anxiety but make it worse in the long run? What does science say about procrastination and ways to overcome it? In this 30 minute “Lunch and Learn,” log in privately to learn strategies you can use (or you can learn about how to support others) as finals approach.

<https://zoom.us/j/91663064615>



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Dr. Jason Kilmer is an Associate Professor in Psychiatry and Behavioral Sciences at the University of Washington (UW). He has worked extensively with college students and student groups at campuses across the nation and locally staff and students at Illinois Wesleyan University, Heartland Community College and Illinois State University.

This product was supported [in part] by grant number SPO81564 from the Substance Abuse and Mental Health Services Administration (SAMHSA). The content of this publication does not necessarily reflect the views or policies of SAMHSA or the U.S. Department of Health and Human Services (HHS).

