Love it or hate it, life is full of transitions and changes. Adjusting to the university and each new semester can be big adjustments. Becoming more aware of how you respond to transitions will help you to prepare for the many stressors and demands ahead. Come to this interactive workshop to discover how YOU can effectively deal with the stress of transitions.

An Interactive Workshop presented by Mr. Rafael Malaga

When? Thursday, October 8, 2009 1:00 p.m.–2:30 p.m.

Where? 4.0 Lounge (Building 38, B-level)

For more information on this workshop or the Counseling Center’s programs for first-year students, contact Dr. Fardis (mfardis@udc.edu, 202.274.6192) or Dr. Butler-Johnson (sbutler@udc.edu, 202.274.5670)

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Counseling & Student Development Center
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