



COUNSELLING SERVICE WORKSHOPS 2019-2020

Monday 14 October 3-5pm	ADJUSTING TO UNIVERSITY LIFE
Thursday 17 October 3.30-5pm	MANAGING CULTURE SHOCK
Tuesday 22 October 6-8pm	RESILIENCE: How to Survive University Life
Wednesday 6 November 3-5pm	STRESS-LESS
Wednesday 25 March 6-8pm	STRESS-LESS: Exam Focus
Tuesday 23 June 6-7.30pm	RESILIENCE: How to Stay Positive in Your Job Search

For more details on each of these workshops, and to book a free place, please visit My Birkbeck events page (search under keyword 'Counselling Service') <http://www.bbk.ac.uk/mybirkbeck>.