

Student Psychological Services and The Office of Undergraduate Research presents...

# Managing Stress & Anxiety

for Student Researchers

Virtual

MAR  
23

12-1  
PM

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STRESS

Facilitated by Dr. Sergio Mancilla,  
Student Psychological Services

As a student researcher, managing coursework, exams, research projects, graduate school applications, employment and other external demands and challenges that are part of life, can become overwhelming for anyone! Join in to discover healthy ways to deal with stress and anxiety successfully.

*All students are welcome!*