

Effective Learning Service

Skills for Success – Semester 2

Optional workshops for **MSc students**

Wednesdays 16.00 – 17.30

0.24/0.25 Emm Lane Building

27 January	Self Reflection 1: arguing with yourself
3 February	Self Reflection 2: who's mirroring who?
10 February	Stress Management 1: locus of control
17 February	Stress Management 2: changing your mind
24 February	Managing Time 1: procrastination (confronting the thief)
3 March	Managing Time 2: perfectionism (disarming the dictator)
10 March	Team Working 1: finding your role
17 March	No Workshop
24 March	Team Working 3: whose story is it anyway?