



# **NAVIGATING THE COLLEGE EXPERIENCE**

## **A ONE-DAY INTERACTIVE WORKSHOP FOR NEW AND RETURNING COLLEGE STUDENTS (AGES 17+)**

An great workshop for students who have struggled with:

- Focus and concentration
- Time management and procrastination
- Organization and study habits
- Feeling overwhelmed with responsibilities
- Finding free time
- Making transitions

**Saturday, *Call for Current Schedule!***

**Troy Location**

**9:00 am – 3:00 pm**  
**(Lunch will be provided)**

**Cost: \$99**

**Call today to register: (248) 244-8644**  
**Seating is limited!**



Perspectives of Troy Counseling Centers

## **WORKSHOP**

### **TOPICS:**

—————  
**Goal Setting and  
Managing Priorities**

—————  
**Improving Time  
Management**

—————  
**Overcoming  
Procrastination**

—————  
**Emotional Support  
and Self-Care**

—————  
**Finding Your Social  
Niche**

—————  
**Discover Your  
Learning Style**

—————  
**And Much More!**

**PERSPECTIVES OF TROY  
COUNSELING CENTERS**

**888 W. Big Beaver Ste. 1450  
Troy, MI 48084**

**248-244-8644  
perspectivesoftroy.com**