

Workshop to Help Students Deal with Final Exam Stress, Slated Dec.13



SIUE Counseling Services will host its final walk-in stress management workshop to help students cope with the stress of final exams.

The format will include discussions about stress, some guided relaxation techniques, and information about how to incorporate brief relaxation into an already-full schedule.

The workshop is free and will be led by Dr. Jamie Linsin, director of Counseling Services:

1 p.m. Tuesday, Dec. 13 in Student Services Center, room 1202

No registration or appointments are needed to attend.