

Groups and workshops for students 2010 - 2011

Semester A

Assertiveness

6 weeks for 1.5 hours each week on Wednesdays 4.00 to 5.30pm starting 20th October to 1st December

Semester B

Assertiveness

6 weeks for 1.5 hours each week on Wednesdays 4.00pm to 5.30pm starting 19th January to 2nd March

PhD Support Group

4 weeks for 1.5 hours each week on Fridays 12.15pm to 1.45pm starting 28th January to 25th February

Self Esteem

4 weeks for 1.5 hours each week on Wednesdays 4.00pm to 5.30pm starting 9th March to 30th March

Procrastination

1 ½ hour presentation on 30th March at 2.30pm

Exam Period

Exam anxiety

1 ½ hour presentation on 27th April at 2.30pm

PhD Support Group

4 weeks for 1.5 hours each week on Fridays 12.15pm to 1.45pm starting 13th May to 10th June

For more details about these groups and how to book a place please visit our website

www.welfare.qmul.ac.uk