



The Campus Academic Resource Center (CARP), in collaboration with the Disability Programs and Resource Center (DPRC), presents...

Self-Care & Time Management Workshops

Stressed about homework, class, and finals?
Come to CARP's interactive workshops! We will
share and practice self-care and time management
tools to help each other as students.

Wednesday, Nov. 14, 5-6 PM, HSS 268
&
Thursday, Nov. 15, 5-6 PM, HUM 277

Questions?

Call 415-405-0316 or stop by HSS 346 to talk to a CARP coordinator!

Students with disabilities who need reasonable accommodations are encouraged to contact
CARP by Monday, November 12.