

PLAN AHEAD. STAY FOCUSED. FINISH STRONG.

Workshop on

SURVIVING THE SUMMER SESSION



TAKING COURSES THIS SUMMER?
STAY ON TOP OF YOUR DEADLINES AND STRESS LESS!



MANAGE YOUR TIME

Learn strategies to plan your weeks and meet every deadline.



STAY ORGANIZED

Use simple tools and tips to keep assignments and readings on track.



REDUCE STRESS

Explore practical ways to stay motivated and take care of your well-being.



GET CONNECTED

Join a supportive community and find campus resources that can help.



WED JUNE 17



2:00 PM



JOIN US ON ZOOM!



REGISTER HERE:

<https://tinyurl.com/SummerSuccess105>

Scan the QR code to register!



QUESTIONS?

Contact us:

issp.program@lehman.cuny.edu



LEHMAN COLLEGE
Instructional Support
Services Program



www.lehman.edu/issp