

The Office of Undergraduate Research & Student Health Services presents...

**CSUDH**

OFFICE OF  
UNDERGRADUATE  
RESEARCH

**CSUDH**

STUDENT HEALTH  
SERVICES

# Stress Management for Student Researchers



**MAR 16**  
**12 PM**

As student researchers, managing coursework, exams, research projects, graduate school applications, employment and other external demands and challenges that are part of life, can become overwhelming for anyone! Join in to discover healthy ways to deal with stress successfully. All students are welcome!

Register at: <http://bit.ly/Stress-Management-Presentation>