



**Struggling to  
concentrate  
on studies?**

**Feeling overwhelmed  
by too much to do?**

## **How to get stuff done: Workshop on overcoming procrastination**

**Wednesday 30 March 2011**

2.30-4pm

### **Procrastination**

1 ½ hour presentation on 30 March at 2.30pm

### **Workshop will include teaching on:**

- looking after yourself
- time management
- setting realistic goals
- managing worrying

To book email [k.gillespie@qmul.ac.uk](mailto:k.gillespie@qmul.ac.uk) and type 'getting stuff done' in the subject box.

Students who have not booked a place are welcome to attend on the day if there are still places available.

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

**[www.welfare.qmul.ac.uk](http://www.welfare.qmul.ac.uk)**