

GETTING MY ACT TOGETHER!

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FALL SEMESTER
2009

Wednesdays
4:00 PM—5:30 PM

Mimi Bommersbach,
Ph.D.

Beginning Date:
TBA

Provided as a free service to regularly enrolled students at CSU, Chico

For more information on this and other groups being offered during the spring 2009 semester, come by our office and make a group interview appointment with the group leader.

Student Services Center
4th Floor
Room 430

530-898-6345

www.csuchico.edu/counseling



Is this the semester that you have *promised* yourself you are going to get your act together? You have set up the perfect study and self-care routine, and already you notice you are having problems sticking to it. What is wrong? Why can't you make yourself do the things you know you should?

This is a common problem among college students. Find out what is behind your lack of motivation and better yet, what you can do about it.

This group starts on February 4th and will meet weekly for six weeks. If you are interested in joining, please come to the Counseling and Wellness Center to set up an appointment to meet with the group leader to learn more about the group.

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