

GOT MOTIVATION?

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Fall Semester 2008

Tuesdays
4:30 PM—6:00 PM

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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
Fall 2008 semester, come
by our office and make a
group interview appoint-
ment 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 September 16th and will meet weekly throughout the semester. If you are interested in joining, please come to the Counseling and Wellness Center to set up an appointment to meet with the group leaders to learn more about the group.

Psychological Counseling and Wellness Center
CSU CHICO

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