

# CSUN

University  
Counseling  
Services

**Find Your  
Focus for Finals**  
**Fall 2020**  
December 9 - 15

## Workshops:

- Test Anxiety Management
- Address Your Stress
- Mindfulness Breaks



**Swipe for more information**

# Find Your Focus for Finals Workshops

**Finding Focus:  
Get Back on  
Track During  
Trying Times**

**Wednesday,  
December 9<sup>th</sup>  
1 to 1:45pm**

**Zoom Meeting ID:  
848 6991 0210**

**Time Out:  
A Self-Care  
Break**

**Wednesday,  
December 9<sup>th</sup>  
2 to 2:45pm**

**Zoom Meeting ID:  
869 8507 4189**

# Find Your Focus for Finals Workshops

**Test Anxiety Management**

**Thursday, December 10<sup>th</sup>  
10 to 10:45am**

[Zoom Meeting ID: 821 9643 1315](#)

**Address Your Stress**

**Monday, December 14<sup>th</sup>  
10 to 10:45am**

[Zoom Meeting ID: 882 5667 4856](#)

# Mindfulness Breaks

Daily from 12pm to 12:30pm

**Wednesday, December 9<sup>th</sup>**

[Zoom Meeting ID: 886 6692 4964](#)

**Thursday, December 10<sup>th</sup>**

[Zoom Meeting ID: 833 7776 6481](#)

**Friday, December 11<sup>th</sup>**

[Zoom Meeting ID: 872 8304 8395](#)

**Monday, December 14<sup>th</sup>**

[Zoom Meeting ID: 840 5662 9536](#)

**Tuesday, December 15<sup>th</sup>**

[Zoom Meeting ID: 872 8012 9544](#)

# Additional Resources



**During Business Hours: (818)677-2366, option 1**

**After Hours Urgent Care: (818)677-2366, option 3**

**Available 24/7: [Self-Help Library](#)**

**Available 24/7:**



**SUCCEED • THRIVE • MATTER**