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**LSE Student Counselling Service**

**How to Manage Your Time Effectively**

**Thursday 21 January 2016   
at 3.00 – 4.00, Room: PAR 1.02**

This course will identify strategies for better time management. The course will also examine psychological issues and explore common difficulties with perfectionism and procrastination.  
  
 **No need to book in advance, just turn up at the door!**

*The counselling service is also running short term* ***small groups*** *on* ***self-esteem*** *and* ***stress management****, as well as groups for MSc, Undergraduate and PhD students. If you wish to join them you will need to book your place in advance. If you are interested, please see the website, visit KSW.507 or email* [*student.counselling@lse.ac.uk*](mailto:student.counselling@lse.ac.uk)*.*

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