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**LSE Student Counselling Service**

**How to Deal with Study-Related Stress**

**Wednesday 28 October 2015 at 3.00 – 5.00, Room:** **32L.G.03**

This course will define stress and explore the mechanisms involved in stress. This course will also examine the causes of study stress and identify the studying mistakes that maintain stress. Strategies will be identified for managing study related stress.  
  
 **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)*.*

