

**LSE Student Counselling Service**

**Studying and surviving at LSE**

**Date:   Tuesday   15  Sept 2015.    Time: 14.00 - 15.00  Location: CLM.302**

**REPEATS ON:  
Date:   Thursday 17  Sept 2015.    Time: 13.00 - 14.00  Location: KSW.G.01  
Date:   Wednesday 23  Sept 2015.    Time: 14.00 - 15.00  Location: PAR.LG.03  
Date:   Wednesday 7  Oct 2015.    Time: 15.30 - 16.30  Location: NAB.LG.01﻿**

**Are you a new student? Do you want to get useful advice on surviving at LSE? This Seminar looks at the experience of being a student at LSE, by putting into context many of the forthcoming challenges you might face. It will include advice on developing your stress managing skills and tips for coping with your studies, workload and 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)*.*

