

**LSE Student Counselling Service**

**Studying and surviving at LSE**

**Date:   Friday 2nd September 2016.    Time: 13.30 - 14.30  Location: CLM 4.02**

**REPEATS ON:  
Date:   Friday 9th September 2016.    Time: 13.30 - 14.30  Location: CLM 4.02  
Date:   Friday 16th September 2016.    Time: 13.30 - 14.30  Location: CLM 4.02  
Date:   Monday 19th September 2016.   Time: 13.30 - 14.30  Location: CLM 3.02  
Date:   Tuesday 20th September 2016.   Time: 12.15 - 13.15  Location: CLM 3.02  
Date:   Wednesday 21st September.    Time: 15.00 – 16.00  Location: CLM 4.02  
Date:   Friday 23rd September 2016.  Time: 9.15 - 10.15 Location: CLM 5.02  
  
  
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)*.*

