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Time Management as Self-Care

by Kelleen Maluski on November 8th, 2020 | [o Comments](#)



Join your Student Success and Engagement Librarian, Kelleen Maluski, on Wednesday November 11th from 12:15-12:45pm to learn about Time Management as Self-Care. It's that time of year when we can really start to feel overwhelmed by our work and life responsibilities – and having to plan for holidays during a pandemic only adds to that stress. So, take a moment for yourself and come learn about time management skills to help you reach your goals, whatever they may be. Time management is not one-size-fits-all and can take practice to develop, so we'll explore what might help you best and places where you can start implementing new techniques.

This is a part of The Well-Being Connection Webinar Series being hosted by UNMH Employee Well-Being, HSC Wellness, and the School of Medicine Office of Professional Wellbeing. You can register in advance [here](#).

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