## Life Hacks with CAPS

Life Hacks are free drop-in workshops for all enrolled Penn State students. No registration required, just stop by:

**Student Health Center room 540**  
4:00-5:00pm

To learn more about our Life Hacks program call (814) 863-0395 or contact Stephanie Stama, Psy.D. (Group Coordinator) at slf245@psu.edu

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<tr>
<th>Date</th>
<th>Topic</th>
<th>Description</th>
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<tr>
<td>Monday 9/18</td>
<td>Semester Self-Care</td>
<td>Coping with Homesickness, Netflix Binges, &amp; More</td>
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<tr>
<td>Tuesday 9/19</td>
<td>Overcoming Anxiety</td>
<td>Learning About Your Anxiety</td>
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<td>Tuesday 9/26</td>
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<td>Skills to Chill</td>
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<td>Monday 10/2</td>
<td>Mindfulness</td>
<td>A Mental Break</td>
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<td>Tuesday 10/3</td>
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<td>Tuesday 10/10</td>
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<tr>
<td>Monday 10/16</td>
<td>Focus on This!</td>
<td>Tips for Concentration, Time Management, &amp; Organization</td>
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<td>Tuesday 10/17</td>
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<td>Tuesday 10/24</td>
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<td>Monday 10/30</td>
<td>Enhancing Your Happiness</td>
<td>Being Your Best Self</td>
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<td>Tuesday 10/31</td>
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<td>Monday 11/13</td>
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<td>Tuesday 11/28</td>
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<td>Monday 12/4</td>
<td>Focusing on Finals</td>
<td>Study Skills with Self-Compassion</td>
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<td>Tuesday 12/5</td>
<td>Overcoming Anxiety</td>
<td>Skills to Chill</td>
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