

# Life Hacks with CAPS Fall 2017

<http://studentaffairs.psu.edu/counseling>  
 (814) 863-0395  
 501 Student Health Center

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](mailto:slf245@psu.edu)

Monday 9/18	<b>Semester Self-Care</b> <i>Coping with Homesickness, Netflix Binges, &amp; More</i>
Tuesday 9/19	<b>Overcoming Anxiety</b> <i>Learning About Your Anxiety</i>
Tuesday 9/26	<b>Overcoming Anxiety</b> <i>Skills to Chill</i>
Monday 10/2	<b>Mindfulness</b> <i>A Mental Break</i>
Tuesday 10/3	<b>Overcoming Anxiety</b> <i>Learning About Your Anxiety</i>
Tuesday 10/10	<b>Overcoming Anxiety</b> <i>Skills to Chill</i>
Monday 10/16	<b>Focus on This!</b> <i>Tips for Concentration, Time Management, &amp; Organization</i>
Tuesday 10/17	<b>Overcoming Anxiety</b> <i>Learning About Your Anxiety</i>
Tuesday 10/24	<b>Overcoming Anxiety</b> <i>Skills to Chill</i>
Monday 10/30	<b>Enhancing Your Happiness</b> <i>Being Your Best Self</i>
Tuesday 10/31	<b>Overcoming Anxiety</b> <i>Learning About Your Anxiety</i>
Tuesday 11/7	<b>Overcoming Anxiety</b> <i>Skills to Chill</i>
Monday 11/13	<b>Mindfulness</b> <i>A Mental Break</i>
Tuesday 11/14	<b>Overcoming Anxiety</b> <i>Learning About Your Anxiety</i>
Tuesday 11/21	<b>Overcoming Anxiety</b> <i>Skills to Chill</i>
Monday 11/27	<b>Enhancing Your Happiness</b> <i>Being Your Best Self</i>
Tuesday 11/28	<b>Overcoming Anxiety</b> <i>Learning About Your Anxiety</i>
Monday 12/4	<b>Focusing on Finals</b> <i>Study Skills with Self-Compassion</i>
Tuesday 12/5	<b>Overcoming Anxiety</b> <i>Skills to Chill</i>



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