

**SINAPSI CENTER**

# **SELF-MANAGEMENT PATH FOR INTERNATIONAL STUDENTS**

**THIS GROUP WORKSHOP AIMS TO WORK ON THE  
TRANSVERSAL STRATEGIC SKILLS:**

- **MOTIVATION IN ONE'S TRAINING AND PROFESSIONAL PROJECTS**
- **EFFECTIVE TIME MANAGEMENT**
- **ACHIEVING GOALS;**
- **CREATING A SOCIAL SUPPORT NETWORK**
- **PROBLEM-SOLVING**



**5 meetings**  
**27 APRIL**  
**4-11-18-25 MAY**



**Time**  
**14:00-16:00**



**Place**  
**SINAPSI OFFICES AT THE**  
**MONTE SANT'ANGELO**  
**CAMPUS, BUILDING 1**  
**VIA CINTIA, 26, NAPLES**

**Join us!**

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