Not all those who wander are lost: how to make friends with procrastination

Dear students, to those of you who have been finding it difficult to start your studies or have been putting it off more than you would like:

The ZSB invites you to a training group in English: “Not all those who wander are lost: how to make friends with procrastination”, first meeting on Tuesday, 05. July, from 16:00 to 18:00 h in the conference room E1-232, X-building.

This is a weekly training group that offers you the opportunity to actually bring the work that you have been putting off to the session, learn the skills needed to face procrastination head-on and apply them in the very session to carry on your work together.

This 7-week training will be guided by Kim Dang (Bielefeld University, MSc Psych), and will be a supportive and confidential space (according to data privacy rules).

Registration until Sunday, 03. July, by mail zsb@uni-bielefeld.de. International and German students are welcome.