



# Career & Mental Health

## *Spring 2023 Workshop for Students*

Do you feel anxious about your career path? This workshop will offer a brief synopsis of the fluctuating meaning of work among humans. It will also examine how social attitudes, technology, and the evolving value of a college education continues to influence the nature of work and the effect it can have on graduates. Learn ways to deal with career uncertainty so you can be happier and less anxious.

### **Date & Time**

TBA

### **What You'll Learn:**

- Tips on how to manage anxiety
- Coping and adapting skills
- Practicing career adaptability

### **NO CHARGE!**

**Register using your UNM Email to:  
studentcounseling@unm.edu**

**Deadline: 1 Business Day Before Workshop**