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## Free Series Continues at UD

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# *The University of Dayton*

## *News Release*

### FREE SERIES CONTINUES AT UD

DAYTON, Ohio, April 22, 1987--"Skills for Success" is the theme of Continuing Education's "You and the University" seminar series.

The 10-part series is free and continues through May with meetings on Wednesdays from 5 to 6 p.m. in 315 Kennedy Union. The program is for students and would-be students 23 and older who want to brush up on study techniques and other skills.

On May 6, "Building Your Math Confidence" will help people assess math strengths and weaknesses. Jerry Rabbitt, a math instructor in the Learning Assistance Center, will discuss various methods of overcoming math barriers.

"Managing Your Time," on May 13, will examine techniques for juggling the demands of school, home, work, and other obligations. L. B. Fred, director of UD Orientation, will discuss ways to make your own workable schedule.

On May 20, "Reducing Stress in Academic Settings" will help people examine sources of stress in their lives. Steve Mueller, director of the Counseling Center, will discuss effective ways for handling stress.

For more information, call Continuing Education at 229-2347.

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