

SMU *Connected*



Learn How to Manage Anxiety & Perfectionism at Counseling Services' Workshops

As midterms approach, you may find your anxiety and perfectionism increasing. Don't worry! Counseling Services at the Dr. Bob Smith Health Center offers workshops to help you manage your perfectionism and anxiety.

The Anxiety Toolbox Workshop is a three-session seminar to help increase your understanding, knowledge, and skills regarding anxiety.

The Overcoming Perfectionism Workshop is a four-session seminar that teaches 12 skills to better manage unhealthy aspects of perfectionism. You'll deepen your understanding of perfectionism and how it affects you and others.

View dates and times of the workshops, as well as more information below.

[Learn More Here](#)

\$\$\$ Upcoming Opportunities \$\$\$

Tower Scholars Program—Opens October 1

For first-year students interested in public policy and international affairs:
\$800-1000 scholarship per semester, up to four consecutive semesters

[Read more](#)

Maguire Undergraduate Ethics Essay Prize—Due November 1

For all undergrads: prizes up to \$1000 for the winning essays

[Read more](#)

Looking for a job?

Voices of SMU

- Pride@SMU Research Assistant
 - \$10 an hour researching and conducting interviews
- Senior Research Assistant
 - Lead project manager. \$15 an hour.
- Contact: oralhistory@smu.edu

[Undergrad Research Assistant job board](#)

[Residence Life & Student Housing](#)

[Dedman Center for Lifetime Sports](#)

[SMU Telepony](#)

[HANDSHAKE](#)

Important Dates

September 29, Wednesday: Last day for continuing undergraduate students to change their majors before November enrollment.

September 30 – October 3, Thursday – Sunday: Homecoming Weekend.

October 11-12, Monday–Tuesday: Fall Break.

[SMU Academic Calendar](#)

Office of Student Academic Engagement and Success

Office of the Provost

academicsuccess@smu.edu • <https://www.smu.edu/SAES> • [@smusuccess on Instagram](#)