

road trip

newsletter for commuter & off-campus students

October 2007

Hello Houston students! As commuters you may face unique challenges in managing your role as a student along with all your other roles plus the time loss of driving to and from school. Time management and dealing with stress can be especially important but difficult skills. The TWU Counseling Center on the Denton campus has tons of resources for you on their website. Visit <http://www.twu.edu/o%2Dsl/counseling/OnlineResources.html> for on-line assessments, a self-help library, and a virtual pamphlet collection on topics from anxiety to test-taking to anger to eating disorders.





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