Perfectionism Workshop

Presented by the SCC

This 1 hour workshop will:
- teach students to differentiate between healthy goal-setting and unhealthy perfectionism
- discuss how perfectionism impacts mental health
- provide strategies for reducing perfectionist behaviors

April 29, 2021 4-5pm cst
Microsoft Teams- Link to Join Here

To ask questions about accessibility or request accommodations, email sccworkshops@utdallas.edu.