

EPICH FIRST TUESDAY LUNCH



TUESDAY, JANUARY 5, 2021

12:00 p.m. | 1:00 p.m.

Virtual Webinar – link sent via email



**Grab your lunch and enjoy
the first presentation of
the new year!**

Procrastination!

Rothenberger Institute (RI) instructors will introduce you to some of the misunderstandings and research around procrastination. They will share numerous examples from student assignments to showcase ten different cognitive distortions that contribute to procrastination. Strategies for combating and reframing these detrimental thought processes will be introduced and attendees will have an opportunity to discuss how they might apply these approaches or recommend them to others.

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