

CCO 2025 INTERNATIONAL STUDENT WORKSHOP #2

STRESS MANAGEMENT AND JOB SEARCH

THURSDAY, SEPTEMBER 18, 2025 | 2PM-3PM ET
VIRTUAL EVENT ON ZOOM

**SHIHLING
CHUI-DWYER**

CAREER
SERVICES CONSULTANT

INTERNATIONAL STUDENT
SPECIALIST



YUZHU LU

M.S. ED, LMHCA

STAFF THERAPIST,
CAPS



International students, while juggling classwork and job search, have you felt overwhelmed and stressed? How can you take care of yourself mentally and physically while trying to be successful in your career planning?

Join our certified therapist from CAPS to learn how to find work/balance and how to manage stress.

Register Here:

