

ALUMNI INSIGHTS

The Collegiate Science & Technology Entry Program (CSTEP) presents...

Overcoming Procrastination



Dr. Celeste Owens
Psychologist and Author,
Co-Founder of Celeste
Owens Ministries, LLC

This workshop features psychologist & author, Dr. Celeste Owens. Learn how to overcome procrastination and other obstacles to success. Dr. Owens will share tools for you to beat procrastination, be proactive, persevere, make sound decisions and much more!

DATE AND TIME:

Thursday, November 18
4:00-5:30pm via Zoom

REGISTRATION LINK:

<https://www.tinyurl.com/CelesteOwens>

RSVP by Wed Nov 17



 CAPTURE IMAGE
FOR LINK

CSTEP wants to make sure you're connected with alumni. Our alumni have been invited to share their insights with CSTEP students during a 1-hour virtual session. We seek to build connections and develop professional and personal skills for our students.

For questions, please visit us in:
222 Norton Hall | 716-645-2234
buffalo.edu/cpmc/cstep



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