

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 over come 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** 



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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