

## CONQUERING PROCRASTINATION

Psychological Strategies to Overcome Procrastination Workshop



2025/11/12 (Wed.) 13:00~15:00  
AD5003, Administration Building

JOIN US!  
SCAN TO SIGN UP.



# NSYSU INTERNATIONAL STUDENT MENTAL HEALTH EVENT

NURTURING YOUR MIND FOR A BETTER LIFE

## FINDING YOUR TAIWAN RHYTHM

Adaptation and Self-Worth for International Students Workshop

2025/11/21 (Fri.) 17:30~20:30  
AD5005, Administration Building



## THE DISTANCE OF THE HEART

Psychological Strategies for Building and Sustaining Intimate Connections Workshop

2025/11/22 (Sat.) 10:00~13:00  
AD5005, Administration Building

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