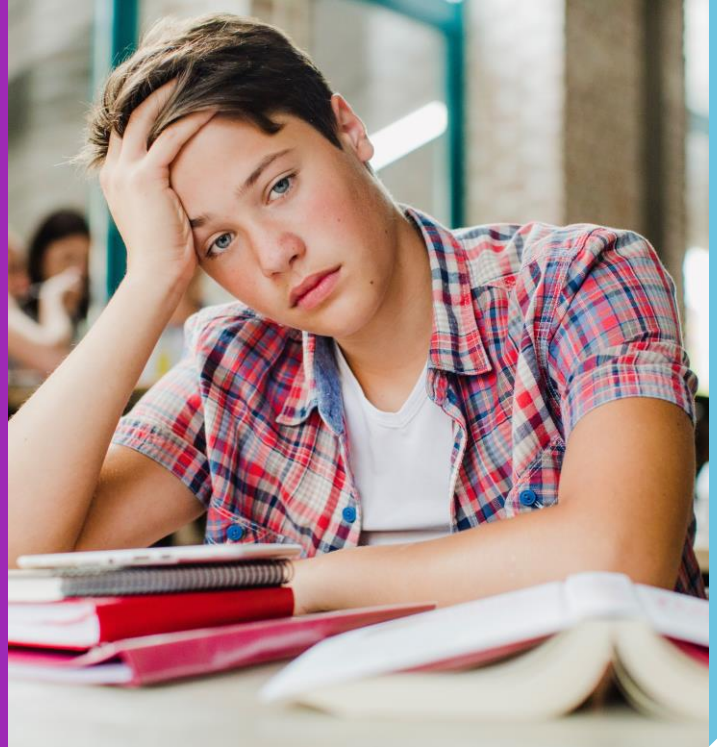


# MANAGING ACADEMIC STRESS: STRATEGIES FOR SUCCESS



## Event Details

**Where:** Interactive Virtual Zoom Session

**Speaker:** Vera Feuer, MD

**Date:** Thursday, March 13th, 2025

**Time:** 12:00 PM – 1:00 PM

## Session Focus:

- Understanding academic stress
- Developing effective coping mechanisms
- Building resilience and emotional intelligence
- Accessing support and resources

To Register, please click the  
link or scan the QR code:  
[Click here to register](#)



## Questions? Please email:

SchoolMentalHealth@northwell.edu

## Frequently Asked Questions:

### Is registration required for this program?

Yes. Registration is required for this webinar. Please use the link or QR code to complete registration.

### When will I receive the webinar information for this program?

The webinar information will be sent to you after you register. Please do not share this information with others.

### Will this session be recorded?

Due to the interactivity that we encourage during these lunch and learn sessions, to protect our participants privacy, we do not record these sessions. For recorded sessions, please visit our YouTube channel [here](#).