Part III – Time & Stress Management

November 19 / 11:00 a.m. – 1:00 p.m. / HUB 367

Registration Instructions

1. Go to the UC Learning Center at http://ucrlearning.ucr.edu/
2. Enter your UCR NetID and password*
3. Type in “Balancing Work and Family Life Series Part III: Time and Stress Management” in the search field and click the magnifying glass
4. Click on Register for the class you wish to attend
5. Review the details, click on the activity to select it, click Next and then Submit to complete your registration

*If you are a student or affiliate and have not yet used the UC Learning Center, please go to the link below to ensure your information is available in the UC Learning Center:
http://sat.ucr.edu/ucrlms/affiliate_access.main