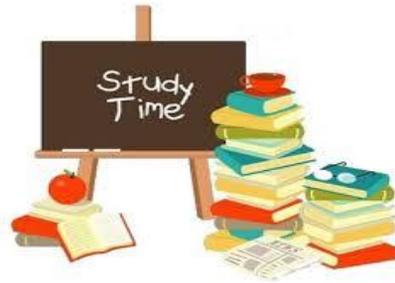




The Office of Academic Support & Disability Resources  
Center for Student Success and Engagement  
**Fall 2021 Virtual/Drop-In Workshops**



## SUCCESS ZONE

### **Establishing College Success Habits**

When: September 8th @ 4:00pm & 6:30 pm

Location (4:00pm): Bowman 208 or [Via Teams](#) (6:30pm): [Via Teams](#)

Description: Students can build on their knowledge of methods, strategies, and resources for success. This workshop will help students to ring in the new semester with new habits, and an intentional goal offering an opportunity to learn how to start and end each day without hesitation and more organization.

### **Let's Talk Time**

When: September 14th @ 4:00pm

Location: Bowman 208 or [Via Teams](#)

Description: This interactive workshop addresses common issues that impact time management for many college students (i.e. procrastination and over-commitment) and introduces tools that can help to create a routine and empower a greater control of time.

### **Learn Effective Notetaking Skills**

When: September 20<sup>th</sup> @ 4:00pm

Location: Bowman 208 or [Via Teams](#)

Description: Ever feel like you spend all your time copying the notes only to miss the lecture and spend MORE time studying, join us to find new ways to take effective notes.

### **SMART Goals**

When: September 21 @ 12:00pm & 4:00pm

Location: (12:00pm) - Bowman 202 or [Via Teams](#) (4:00pm) - Bowman 208 or [Via Teams](#)

Description: Come remember your why, write it down and set some S-M-A-R-T goals to keep you motivated and committed to academic success!

### **Combating Zoom Fatigue**

When: September 27 @ 3:00pm

Location: Bowman 208 or [Via Teams](#)

Learn some new tips and tricks to combat zoom fatigue and stay engaged during online courses or meetings!

## **BUST through Procrastination Habits!**

When: September 28<sup>th</sup> @ 3:00pm & 6:30 pm

Location (3:00pm): Bowman 222 or [Via Teams](#) (6:30pm): [Via Teams](#)

Description: “Oh I just work better under pressure!” We have told ourselves these tales long enough- join us and stop the cramming and all-nighters!

## **Six Effective Study Strategies**

When: October 4<sup>th</sup> @ 4:00pm

Location: Bowman 208 or [Via Teams](#)

Description: Ever feel like spent hours studying but still unsure of what you just learned? Join us as we cover 6 effective strategies that you can start using today to help you reach your academic goals.

## **Motivation, Success and You**

When: October 12 @ 12:00pm & 6:30pm

Location (12:00pm): Bowman 202 or [Via Teams](#) (6:30pm): [Via Teams](#)

Description: This powerful workshop will examine the dynamics of motivation to help students be more participatory, goal-oriented and make connections to real life.

## **Boost Your Memory Power**

When: November 3 @ 4:00pm

Location: Bowman 208 or [Via Teams](#)

Description: Come find new ways to boost your memory to help you study smarter not harder.

## **Managing Test Anxiety**

When: November 17 @ 4:00pm & 6:30pm

Location (4:00pm): Bowman 208 or [Via Teams](#) (6:30pm): [Via Teams](#)

Description: Do your best and let go of stress. Come hang out and build confidence around test taking and exams!

## **How to Plan for Finals**

When: Wednesday, December 1 @ 4:00pm & Thursday December 2 @ 12:00pm

Location: December 1st (4:00pm) - Bowman 208 or [Via Teams](#)

Location: December 2nd (12:00pm) - Bowman 202 or [Via Teams](#)

Description: This workshop will offer strategies and techniques to ace the test and avoid procrastination. Students will learn to manage emotions under pressure and build their final exam week schedule that allows for proper sleep, nutrition and a positive attitude.

**Interested in attending any of the above workshops? Please RSVP to  
Andrea Petley @ [andrea.petley@mcla.edu](mailto:andrea.petley@mcla.edu) or via phone @ 413-662-5488**