Develop plans to finish the semantic strong. Need quick active-learning study strategies and exam prep tips? We’ve got you covered. Plus walk away learning how to manage your test anxiety and stress.

**EXAM PREPARATION**
MON – MAY 4 & WED – MAY 6

You are not alone! 3 of 5 students participate in CSU Summer at some point. It’s a great time to earn credits within a shorter timeframe. Come and learn how to succeed in classes that move along at a quicker pace. Plus, learn about summer resources available for your support.

**EXCELLENT IN SUMMER SESSION**
MON – APR 27 & WED – APR 29

We are not born procrastinators. We just don’t want to do it! Procrastination is a normal human behavior. Join us to discuss what research tells us are the reasons behind procrastination and how to develop healthy habits for overcoming it.

**THE SCIENCE BEHIND PROCRASTINATION**
MON – APR 13 & WED – APR 15

Too much to do and not enough time to do it in! Learn how to prioritize your schedule. Get some tips on setting up a weekly game plan, how to maximize your day, and how to minimize your stress.

**BALANCING TIME MANAGEMENT**
MON – JAN 27 & WED – JAN 29

Mid-Terms! The energy is high; so is the stress. Join us as we present proactive, HIGH-IMPACT study strategies you can implement while preparing for your upcoming quizzes and exams. Use these strategies to help you learn the material more effectively. Plus, walk away with a test-taking resource sheet.

**EXAM STUDY TIPS**
MON – FEB 24 & WED – FEB 26

You are not alone! 3 of 5 students participate in CSU Summer at some point. It’s a great time to earn credits within a shorter timeframe. Come and learn how to succeed in classes that move along at a quicker pace. Plus, learn about summer resources available for your support.

**EXCELLENT IN SUMMER SESSION**
MON – MAY 4 & WED – MAY 6

What does it mean to have integrity when notes, lab reports, and exams are so readily available online? We will discuss lessons from past cases and share practical tips for avoiding shortcuts to higher grades.

**ACADEMIC INTEGRITY**
MON – APR 13 & WED – APR 15

Good sleep plays a KEY role in improving productivity, increasing learning retention, and in keeping you healthy and stress free. Our guest speaker will share research-based recommendations regarding the importance of good sleep and strategies to help improve your sleep quality!

**SLEEP: WHY YOU NEED IT**
MON – MAR 9 & WED – MAR 11

We get it, school is not easy, and it doesn’t help when you have other commitments to accomplish as well. Join us as we share tips on what successful students do on a weekly basis along with some impactful strategies you can implement to achieve both your academic success and other goals.

**SECRETS OF SUCCESSFUL STUDENTS**
MON – MAR 30 & WED – APR 1

Mid-Terms! The energy is high; so is the stress. Join us as we present proactive, HIGH-IMPACT study strategies you can implement while preparing for your upcoming quizzes and exams. Use these strategies to help you learn the material more effectively. Plus, walk away with a test-taking resource sheet.

**EXAM STUDY TIPS**
MON – FEB 24 & WED – FEB 26

Balancing Time Management
Too much to do and not enough time to do it in! Learn how to prioritize your schedule. Get some tips on setting up a weekly game plan, how to maximize your day, and how to minimize your stress.

**BALANCING TIME MANAGEMENT**
MON – JAN 27 & WED – JAN 29