SPRING SEMESTER SUCCESS WORKSHOPS
MONDAYS | 5:00-6:00 PM TILT Room 221 WEDNESDAYS | 6:00-7:00 PM

MON - JAN 27 & WED - JAN 29
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.

MON - JAN 30 & WED - APR 1
SECRETS OF SUCCESSFUL STUDENTS
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.

MON - FEB 10 & WED - FEB 12
ACADEMIC INTEGRITY
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.

MON - FEB 24 & WED - FEB 26
EXAM STUDY TIPS
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.

MON - MAR 9 & WED - MAR 11
SLEEP: WHY YOU NEED IT
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!

MON - MAR 30 & WED - APR 1
EXCELLING IN SUMMER SESSION
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.

MON - APR 13 & WED - APR 15
THE SCIENCE BEHIND PROCRASTINATION
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.

MON - APR 27 & WED - APR 29
EXAM PREPARATION
Develop plans to finish the semester 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.

MON - MAY 4 & WED - MAY 6
THE INSTITUTE FOR LEARNING AND TEACHING COLORADO STATE UNIVERSITY