TILT | Academic Success Workshops

Mondays | 4:30 - 5:30 pm
Thursdays | 6 - 7 pm
TILT | Room 221

Time Management
Mon - Oct 15 | Thurs - Oct 18

Boosting Belonging
Wed - Nov 28 | Sponsored by SLiCE

Rams Fail Forward
Wed - Nov 14

Active Learning Study Strategies
Mon - Nov 5 | Thurs - Nov 8

Where Did My Motivation Go?
Mon - Nov 12 | Thurs - Nov 15

Memory and Concentration
Mon - Nov 26 | Thurs - Nov 29

Test-Taking Strategies
Mon - Dec 3 | Thurs - Dec 6

Test Anxiety
Wed - Nov 7

Creative Chill-Out
Wed - Dec 5

Physical Self-Care Workshop
Wed - Oct 17

A Full Life: Pathways to Well-Being
Wed - Oct 24

The Stress Less Program
Wed - Oct 31

Public Speaking Strategies
Mon - Oct 22 | Thurs - Oct 25

Memory and Concentration
Mon - Nov 26 | Thurs - Nov 29

Well-Being Wednesdays | 4:30 - 5:30 pm | TILT Rm 221

Presented by CSU Health Network