

# TILT | ACADEMIC SUCCESS WORKSHOPS

Workshop	What You'll Learn	When
<b>Getting Organized</b>	How to best organize yourself and your course materials for the semester.	Mon. August 29 @ 4PM Tues. August 30 @ 5PM Thurs. September 1 @ 6PM
<b>Time Management</b>	How to approach prioritizing your commitments using different scheduling strategies.	Tues. September 6 @ 5PM Thurs. September 8 @ 6PM
<b>Self Care</b> <i>Presented by the CSU Health Network Sponsored by Year2@CSU</i>	How to take better care of your physical needs (sleep, nutrition, and activities) for overall success.	Mon. September 12 @ 4PM Tues. September 13 @ 5PM Thurs. September 15 @ 6PM
<b>Taking Great Notes</b>	Learn different styles of note-taking, and how to use your notes for maximum effectiveness.	Mon. September 19 @ 4PM Tues. September 20 @ 5PM Thurs. September 22 @ 6PM
<b>Reading Skills</b>	How to approach your reading your course material for optimal comprehension and retention.	Mon. September 26 @ 4PM Tues. September 27 @ 5PM Thurs. September 29 @ 6PM
<b>Critical Thinking</b> <i>Sponsored by Year2@CSU</i>	How to dissect and think through information on a deeper level.	Mon. October 3 @ 4PM Tues. October 4 @ 5PM Thurs. October 6 @ 6PM
<b>High-Impact Learning</b> <i>Sponsored by the Academic Advancement Center</i>	Use what research says are the best ways to learn and enhance your study habits.	Mon. October 10 @ 4PM Tues. October 11 @ 5PM Thurs. October 13 @ 6PM
<b>Test Anxiety</b> <i>Presented by the CSU Health Network Sponsored by Year2@CSU</i>	Strategies to calm yourself before exams to boost your confidence.	Mon. October 17 @ 4PM Thurs. October 20 @ 6PM
<b>Memory &amp; Concentration</b> <i>Sponsored by the Center for Community Partnerships</i>	Learn information-recall strategies and how to enhance your ability to focus.	Mon. October 24 @ 4PM Tues. October 25 @ 5PM Thurs. October 27 @ 6PM
<b>Presentation Skills</b>	Techniques to deliver an effective, eloquent, audience-centered presentation.	Mon. October 31 @ 4PM Tues. November 1 @ 5PM Thurs. November 3 @ 6PM
<b>Overcoming Procrastination</b> <i>Sponsored by the Academic Advancement Center Sponsored by Year2@CSU</i>	Understand why you procrastinate, and learn strategies for changing those habits.	Mon. November 7 @ 4PM Tues. November 8 @ 5PM Thurs. November 10 @ 6PM
<b>Motivation &amp; Goal-Setting</b> <i>Sponsored by the Academic Advancement Center</i>	How to create short and long-term goals to keep you motivated.	Mon. November 14 @ 4PM Tues. November 15 @ 5PM Thurs. November 17 @ 6PM
<b>FALL BREAK: NO WORKSHOPS</b>		
<b>Stress Less</b> <i>Presented by the CSU Health Network</i>	Learn the causes of stress, its positive and negative effects, and different coping strategies.	Mon. November 28 @ 4PM Tues. November 29 @ 5PM Thurs. December 1 @ 6PM
<b>Final Exam Prep</b>	Tips for differing exam formats and making the most of your study time.	Mon. December 5 @ 4PM Tues. December 6 @ 5PM Thurs. December 8 @ 6PM

**Location:** TILT 221**Duration:** 50-minutes

No pre-registration required. Just sign-in when you arrive! These workshops are highly interactive so come prepared to write, share, and engage!

FREE to all CSU students.

**Questions?** Contact Darrie Matthew Burrage at [darrie.burrage@colostate.edu](mailto:darrie.burrage@colostate.edu) or (970) 491-2519

[tilt.colostate.edu/learning](http://tilt.colostate.edu/learning)

Last Updated 8/31