## Workshop | What You’ll Learn | When
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**Plan and Prepare** | How to organize yourself and your course materials to be successful this semester. | Tues. August 29 @ 4PM  
Wed. August 30 @ 5PM  
Thur. August 31 @ 6PM |
**Building Classroom Relationships** | Learn how faculty and other students can enrich your academics and overall college experience. | Tues. September 5 @ 4PM  
Wed. September 6 @ 5PM  
Thur. September 7 @ 6PM |
**Successful Scheduling** | Different time management tactics to coordinate your different commitments and responsibilities. | Tues. September 12 @ 4PM  
Wed. September 13 @ 5PM  
Thur. September 14 @ 6PM |
**Read, Write, Retain** | Learn different note-taking styles, and how to read content for optimal comprehension and retention. | Tues. September 19 @ 4PM  
Wed. September 20 @ 5PM  
Thur. September 21 @ 6PM |
**Test Anxiety**  
*Presented by the CSU Health Network* | Strategies to calm yourself before exams and boost your confidence. | Tues. September 26 @ 4PM  
Thur. September 28 @ 6PM |
**Liven Up Your Learning!** | Novel and practical strategies to approach learning – when, how, where, and with whom to study. | Tues. October 3 @ 4PM  
Wed. October 4 @ 5PM  
Thur. October 5 @ 6PM |
**A Deeper Dive** | Enhance your critical thinking skills by learning how to examine information on a deeper level. | Tues. October 10 @ 4PM  
Wed. October 11 @ 5PM  
Thur. October 12 @ 6PM |
**Living with Integrity** | Ground yourself in pride and learn how integrity impacts your academics, student life, and future. | Tues. October 17 @ 4PM  
Wed. October 18 @ 5PM  
Thur. October 19 @ 6PM |
**Self-Care**  
*Presented by the CSU Health Network* | How to take better care of your basic needs – sleep, nutrition, and activities for holistic success. | Tues. October 24 @ 4PM  
Thur. October 26 @ 6PM |
**Memory & Concentration** | Learn information-recall strategies and how to enhance your ability to focus. | Tues. November 1 @ 4PM  
Wed. November 2 @ 5PM  
Thur. November 3 @ 6PM |
**Overcoming Procrastination** | Understand why you procrastinate, and learn strategies for changing those habits. | Tues. November 7 @ 4PM  
Wed. November 8 @ 5PM  
Thur. November 9 @ 6PM |
**Motivation & Goal-Setting** | How to create short and long-term goals to keep you motivated. | Tues. November 14 @ 4PM  
Wed. November 15 @ 5PM  
Thur. November 16 @ 6PM |

### FALL BREAK: NO WORKSHOP

**Stress Less**  
*Presented by the CSU Health Network* | Learn the causes of stress, its positive and negative effects, and different coping strategies. | Tues. November 28 @ 4PM  
Thur. November 30 @ 6PM |
**Final Exam Prep** | Tips for exam prep, making the most of your study time, and tackling your finals week. | Tues. December 5 @ 4PM  
Wed. December 6 @ 5PM  
Thur. December 7 @ 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!  

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