

# TILT | ACADEMIC SUCCESS WORKSHOPS

Workshop	What You'll Learn	When
<b>A Mindset for Success</b>	Understand how the perspectives we have can either help or hinder the outcomes we desire.	Tues. January 24 @ 5PM Thurs. January 26 @ 6PM
<b>Courage and the Classroom</b> <i>Sponsored by Year2@CSU</i>	Realize (and overcome) the fears we have concerning our academics, and how courage is a critical trait needed for success.	Tues. January 31 @ 5PM Thurs. February 2 @ 6PM
<b>Building the Instructor-Student Relationship</b>	Foster productive and beneficial relationships with instructors inside and outside the classroom walls.	Tues. February 7 @ 5PM Thurs. February 9 @ 6PM
<b>Liven Up Your Learning!</b>	Novel and practical strategies to approach learning – when, how, where, and with whom we study.	Tues. February 14 @ 5PM Thurs. February 16 @ 6PM
<b>Campus Tech Tools for Academic Success</b> <i>Presented by the Assistive Technology Resource Center Sponsored by Year2@CSU</i>	Learn about the technology and apps CSU offers to help with reading comprehension, writing papers, studying and more!	Tues. February 21 @ 5PM Thurs. February 23 @ 6PM
<b>Mindfully Managing Stress</b> <i>Presented by the CSU Health Network</i>	How mindfulness can help with stress and help you be more present in the moment.	Tues. February 28 @ 5PM Thurs. March 2 @ 6PM
<b>Damage Control</b>	Become aware of where you're at in the semester, and what can still be done to achieve your goals.	Tues. March 7 @ 5PM Thurs. March 9 @ 6PM
<b>SPRING BREAK: NO WORKSHOPS</b>		
<b>Squad-Up for School</b> <i>Sponsored by Year2@CSU</i>	How to identify an "academic advocate" and become one for your peers by learning collaborative study strategies.	Tues. March 21 @ 5PM Thurs. March 23 @ 6PM
<b>Meals for the Mind</b> <i>Presented by the Kendall Reagan Nutrition Center</i>	Learn what foods can help promote the most optimal brain activity.	Tues. March 28 @ 5PM Thurs. March 30 @ 6PM
<b>Creative Thinking</b>	Leverage your instinct and individuality to generate new ideas and build upon existing knowledge.	Tues. April 4 @ 5PM Thurs. April 6 @ 6PM
<b>Working Well in Teams</b>	Learn strategies and perspectives for success, and how to address conflict amongst group members.	Tues. April 11 @ 5PM Thurs. April 13 @ 6PM
<b>Designing Discovery</b>	Explore the basic methods, processes, and tools involved in conducting your own research.	Tues. April 18 @ 5PM Thurs. April 20 @ 6PM
<b>Applying Your Academics</b> <i>Sponsored by Year2@CSU</i>	Become aware of existing avenues to have course lessons become practical actions in the real world.	Tues. April 25 @ 5PM Thurs. April 27 @ 6PM
<b>Marketing Academic Skills for Career Success</b> <i>Presented by the Career Center</i>	Translating your academic skills and experience to a resume and career.	Tues. May 2 @ 5PM Thurs. May 4 @ 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)