WHERE ~ TILT, Room 221

WHEN ~ Tuesdays 4 - 5 PM & Wednesdays 6 - 7 PM

**STARTING THE SEMESTER STRONG**
Get more out of your semester! Set Goals! Take Great Notes! Read Smarter!
We have all the tips to help you succeed this semester.
Start it off strong with us.

**DYNAMIC PRESENTATIONS**
QUESTION: Want to be a better public speaker? Come join us in this fun, interactive workshop where we will talk about how to create and give dynamic presentations. Plus, it never hurts to learn a few tricks and tips on managing nervousness.

**STUDY SMART**
Students often do the same thing over and over when they sit down to “study”, highlighting their textbook here & there, re-read, their notes, etc. Come learn specific ACTIVE LEARNING strategies for more efficient learning and information retention.

**SURVIVING MID-TERMS**
The energy is high, so is the stress of mid-terms. To help you put the week in perspective, we have developed preparation tips and test-taking strategies that will help you ace your next big exam.

**A FULL LIFE: PATHWAYS TO WELL-BEING**
Learn about the three research supported pathways to well-being: pleasure, engagement, and meaning. Hear tips on how to use these pathways to help you live a balanced and full life this semester. - Presented by the CSU Health Network.

No pre-registration required.
All students are welcome. These workshops are highly interactive so come prepared to write, share, and engage!

Questions? Or for more information, please visit: tilt.colostate.edu/learning/successWorkshops/