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/
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HOW TO WRITE A SUCCESSFUL SCHOLARSHIP
Feb 27
Feb 28
Writing a successful scholarship essay can be overwhelming, especially if you've never written one. Join us as we learn best practices on writing outstanding scholarship essays. Presented by the Office for Undergraduate Research And Artistry.

APPS FOR ACADEMIC SUCCESS
Mar 06
Mar 07
Come learn about how your mobile device can help you stay ahead! We will discuss and demo Apple and Android apps that can help you stay on top of your readings, keep organized, take notes, and more! Presented by Assistive Technology Resource Center.

SPRING BREAK
Enjoy your break!

ACADEMIC INTEGRITY
Mar 20
Mar 21
What does it mean to have integrity when notes, lab reports, and exams are accessible online? We will discuss lessons from past cases and share practical skills to use without taking shortcuts to higher grades. Sponsored by TILT’s Academic Integrity Program.

LET’S TALK ABOUT YOUR GRADES
Mar 27
Mar 28
Are you getting overwhelmed about your GPA? Join us as we discuss the value of academics, and why grades matter. Learn how to improve your academic journey and how to succeed beyond the classroom.

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TIME MANAGEMENT IN THE DIGITAL AGE
Apr 03
Apr 04
Do you have too much to do and not enough time? Prioritize your schedule and learn how to make the most out of your time in college. Plus, discover digital apps that will help you maximize your time.

FUNDAMENTAL OF NETWORKING
Apr 10
Apr 11
Learn how networking can benefit your academic and professional goals. We will discuss the benefits of networking—and how to succeed—in growing your circle. You’ll practice how to make authentic connections.

OVERCOMING PROCRASTINATION
Apr 17
Apr 18
Understand why and how you procrastinate. Procrastination is not curable, however this workshop teaches ways to develop healthy habits and how to implement strategies for overcoming procrastination.

COUNTDOWN TO FINALS WEEK
Apr 24
Apr 25
Develop a plan to finish the semester strong. We’ll cover test taking strategies for: true/false, multiple choice, short answer, and essay. We'll give you preparation tips for test day as well as tips on how to handle test anxiety.

STRESS LESS
May 01
May 02
Learn stress management practices and explore coping strategies to use in the final days of the semester. Participants will review both positive and negative effects of stress and will learn how to identify stress warning signals. Presented by the CSU Health Network.

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