# Workshop schedule

**TILT Workshop** Tuesday 5:30 – 6:30 pm & Thursday 6-7pm  
**Well-Being** Wednesday 4:30 – 5:30 pm (Presented by CSU Health Network & SLiCE)  
**ROOM:** TILT 221

1. **Semester Strong Academic Tips** - Tuesday, January 29th & Thursday, January 31st

   Join as we discuss an overview of different academic strategies to start your semester strong. We will cover topics of note taking, speed reading, classroom relationships and types of different study strategies.

2. **Physical Self-Care Workshop** - Wednesday, January 30th

   Learn about maintaining effective physical self-care practices, including eating well, exercise, and sleeping habits. You will be introduced to helpful tips/tricks as well as resources in these three different areas. Engage in relevant discussions, complete your own self-care assessment, and take away a self-drafted plan to implement in your life.

3. **Campus Involvement with SLiCE** - Tuesday, February 5th & Thursday, February 7th
   - Presented by SLiCE

   The SLiCE Office is your involvement hub on campus. We provide a place for students to start their involvement journey. Come learn about the different programs and opportunities SLiCE connects students with such as volunteering, joining student organizations, leadership experiences along with external community outreach. *Presented by Student Leadership, Involvement and Community Engagement*

4. **A Full Life: Pathways to Well-Being** - Wednesday, February 6th

   What makes a good life? Come to learn about the three pathways to well-being supported by research in positive psychology: pleasure, engagement, and meaning. Having these in your life helps you to be more resilient and have a greater sense of well-being. You will have the opportunity to assess which pathways you are currently pursuing in your life and ones that are missing. Tips will be provided on how to utilize these pathways to move toward a more balanced and full life. Join in this interactive and informative workshop.

5. **Critical Thinking** - Tuesday, February 12th & Thursday, February 14th

   Join us at this workshop as we discuss what it means to be a critical thinker, identify the benefits of developing this skill and learn how to apply Blooms Taxonomy into your academic progress. Through critical thinking, you are able to obtain information in depth, evaluate perspectives, plus, innovate your creative thinking.

6. **Test Anxiety** - Wednesday, February 13th
This workshop focuses on how to recognize and learn strategies to overcome test anxiety. Self-assessment and group discussion will help you identify if the struggle stems from test preparation problems or test anxiety challenges. You will have opportunities for practice and skill building too.

7 **WRITING EFFECTIVE SCHOLARSHIP ESSAY** - Tuesday, February 19th & Thursday, February 21st
   a. Presented by OURA & Financial Aid

Writing a successful scholarship can be overwhelming. With CSU Scholarship Application & FAFSA priority deadline in the corner, join our workshop as our guest speakers share best practices on writing outstanding scholarship essays. *Presented by Office for Undergraduate Research and Artistry & Office of Financial Aid.*

8 **THE STRESS LESS PROGRAM** - Wednesday, February 20th

During this interactive session, you will gain a better understanding of the stress response, the positive and negative effects of stress, and the influence of the mind/body connection to stress management. This session has activities to identify your causes of stress and stress warning signs, and to learn different coping techniques and resources.

9 **MID-TERMS STUDY STRATEGIES** - Tuesday, February 26th & Thursday, February 28th

The energy is high, so is the stress of mid-terms. To help you put the week in perspective, join us to learn specific ACTIVE LEARNING strategies that are most effective for learning and retaining material. Plus walk away with test-taking tips for your next big exam.

10 **RAMS FAIL FORWARD** - Wednesday, February 27th

If you’ve experienced failure, you’re not alone. Most of us are hard-wired to avoid the pain of failure. This innate response can reduce our capacity to recover and can negatively impact our health. Yet, failure has so much it can teach us. Learn the steps we can take to help us cope, learn, and grow from life’s inevitable difficulties.

11 **RESUME & COVER LETTER** – Tuesday, March 5th & Thursday, March 7th
   a. Presented by Career Center

Craft your resume and cover letter in a way that will capture your audience. Join our guest speaker as they cover a step-by-step process in writing an effective resume and learn how to tailor your past experience to a specific job/internship in your cover letter.

12 **BOOSTING BELONGING** - Wednesday, March 6th
   a. Presented by SLICE

Learn how to increase your confidence when connecting with your peers and how to be more authentic, curious, and open in your interactions with them. Learn how to use other people's favorite words to build connection, avoid the worst of small talk, and how to integrate the “A-Z Talk,” the “Engagement
Ring Story,” the “Left Eye” and “T-Rex” concepts, among others, into your communication style. Ultimately, learn the how to reach and find belonging, over merely fitting in.

13 **MANAGING YOUR TIME** - Tuesday, March 12th & Thursday, March 14th

Do you have too much to do and not enough time? Learn how to prioritize your schedule and make the most out of your time in college. Walk away learning time management tips and how to maximize your day juggling school, work & life.

14 **CREATIVE CHILL OUT** - Wednesday, March 13th

Being creative can help us reduce stress by giving our thinking mind a break. Creating something can be restorative, boosts our mood, and takes very little time. In this session, you will experience various ways to bring creative breaks in small moments of everyday life. No prior skills required.

**SPRING BREAK**

15 **SPARK YOUR MOTIVATION** - Tuesday, March 26th & Thursday, March 28th

Feeling the semester slump and motivation is nowhere to be found? Let us help you gain your momentum back through the approaches of Growth Mindset and help you understand what factors are leading to low motivation.

16 **A FULL LIFE: PATHWAYS TO WELL-BEING** - Wednesday, March 27th

What makes a good life? Come to learn about the three pathways to well-being supported by research in positive psychology: pleasure, engagement, and meaning. Having these in your life helps you to be more resilient and have a greater sense of well-being. You will have the opportunity to assess which pathways you are currently pursuing in your life and ones that are missing. Tips will be provided on how to utilize these pathways to move toward a more balanced and full life. Join in this interactive and informative workshop.

17 **BENEFITS OF STUDY GROUP** - Tuesday, April 2nd & Thursday, April 4th

Learning is a messy process! Next time you find yourself having difficulty studying alone or retaining information, how about you try studying with others. In this workshop, facilitators will cover the many benefits of forming a study group with your class peers and/or attending tutoring sessions. Through collaborative learning, our mission is to promote the love for learning.

18 **TEST ANXIETY** - Wednesday, April 3rd

This workshop focuses on how to recognize and learn strategies to overcome test anxiety. Self-assessment and group discussion will help you identify if the struggle stems from test preparation problems or test anxiety challenges. You will have opportunities for practice and skill building too.

19 **FUNDAMENTAL OF NETWORKING** - Tuesday, April 9th & Thursday, April 11th
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 will practice how to make authentic connections.

20. **BOOSTING BELONGING** - Wednesday, April 10th
   a. **Presented by SLICE**

Learn how to increase your confidence when connecting with your peers and how to be more authentic, curious, and open in your interactions with them. Learn how to *speak with a smile*, use other people’s *favorite words*, and avoid the worst of *small talk* as well as how to integrate the A-Z Talk, the Engagement Ring Story, the Left Eye and T-Rex concepts into your communication style.

21. **TIME TO BE ORGANIZE** - Tuesday, April 16th & Thursday, April 18th

Is organization affecting your school work and personal life? Come learn effective organization skills all students should adapt. Creating a better organization habits can help you perform better on assignments, decrease stress and give you more free time for other tasks.

22. **PHYSICAL SELF-CARE WORKSHOP** - Wednesday, April 17th

Learn about maintaining effective physical self-care practices, including eating well, exercise, and sleeping habits. You will be introduced to helpful tips/tricks as well as resources in these three different areas. Engage in relevant discussions, complete your own self-care assessment, and take away a self-drafted plan to implement in your life.

23. **PROCRASTINATION...** Still looking for a title - Tuesday, April 23rd & Thursday, April 25th

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.

16 **RAMS FAIL FORWARD** - Wednesday, April 24th

If you’ve experienced failure, you’re not alone. Most of us are hard-wired to avoid the pain of failure. This innate response can reduce our capacity to recover and can negatively impact our health. Yet, failure has so much it can teach us. Learn the steps we can take to help us cope, learn, and grow from life’s inevitable difficulties.

17 **EXCELLING IN SUMMER SESSION** – Tuesday, April 30th & Thursday, May 2nd
   a. **Presented by Summer Session**

You are not alone! 3 of 5 students participate in CSU Summer Session at some point. Summer is a great time to earn credits in a shorter timeframe. Come and gain tips for being successful in classes that move along at a quicker pace. Plus, learn about campus resources available to support you during the summer.

18 **THE STRESS LESS PROGRAM** - Wednesday, May 1st
During this interactive session, you will gain a better understanding of the stress response, the positive and negative effects of stress, and the influence of the mind/body connection to stress management. This session has activities to identify your causes of stress and stress warning signs, and to learn different coping techniques and resources.

**19  FINAL EXAM STUDY TIPS - Tuesday, May 7th & Thursday, May 9th**

Develop a plan to finish the semester strong. Need a quick active learning study strategies and exam preparation tip? We have you covered. Plus walk away learning how to manage test anxiety and stress on the day of your exam.

**20  CREATIVE CHILL OUT - Wednesday, May 8th**

Being creative can help us reduce stress by giving our thinking mind a break. Creating something can be restorative, boosts our mood, and takes very little time. In this session, you will experience various ways to bring creative breaks in small moments of everyday life. No prior skills required.