**TILT | Academic Success Workshops**

**TUESDAYS | 5:30 - 6:30 pm**

ALL WORKSHOPS LOCATED IN TILT RM 221

- Tues - Jan 29 | Thurs - Jan 31
  **START THE SEMESTER STRONG**

- Tues - Feb 5 | Thurs - Feb 7
  **CAMPUS INVOLVEMENT WITH SLiCE**

- Tues - Feb 12 | Thurs - Feb 14
  **CRITICAL THINKING**

- Tues - Feb 19 | Thurs - Feb 21
  **WRITING EFFECTIVE SCHOLARSHIP ESSAYS**

- Tues - Feb 26 | Thurs - Feb 28
  **MID-TERM STUDY STRATEGIES**

- Tues - Mar 5 | Thurs - Mar 7
  **RÉSUMÉS AND COVER LETTERS**

- Tues - Mar 12 | Thurs - Mar 14
  **MANAGING YOUR TIME**

**WELL-BEING WEDNESDAYS | 4:30 - 5:30 pm | TILT Rm 221**

PRESENTED BY CSU HEALTH NETWORK

- Wed - Jan 30
  **A FULL LIFE: PATHWAYS TO WELL-BEING**

- Wed - Feb 6
  **PHYSICAL SELF-CARE WORKSHOP**

- Wed - Feb 13
  **TEST ANXIETY**

- Wed - Feb 20
  **THE STRESS LESS PROGRAM**

- Wed - Feb 27
  **RAMS FAIL FORWARD**

- Wed - Mar 6 | Presented by SLiCE
  **BOOSTING BELONGING**

- Wed - Mar 13
  **CREATIVE CHILL-OUT**

More Information and Workshop Descriptions at tilt.colostate.edu/learning/tiltWorkshops