TUESDAYS | 5:30 - 6:30 pm

SPARK YOUR MOTIVATION
- Tues - Mar 26 | Thurs - Mar 28

BOOSTING BELONGING
- Tues - Apr 2 | Thurs - Apr 4

FUNDAMENTALS OF NETWORKING
- Tues - Apr 9 | Thurs - Apr 11

TIME TO BE ORGANIZED
- Tues - Apr 23 | Thurs - Apr 25

PROCRASTINATION...Still looking for a title
- Tues - Apr 30 | Thurs - May 2

EXCELLING IN SUMMER SESSION
- Tues - May 7 | Thurs - May 9

WEDNESDAYS | 4:30 - 5:30 pm | TILT Rm 221

A FULL LIFE: PATHWAYS TO WELL-BEING
- Wed - Apr 3

TEST ANXIETY
- Wed - Apr 10 | Presented by SLiCE

PHYSICAL SELF-CARE WORKSHOP
- Wed - Apr 17

RAMS FAIL FORWARD
- Wed - Apr 24

THE STRESS LESS PROGRAM
- Wed - May 1

CREATIVE CHILL-OUT
- Wed - May 8

All Workshops located in TILT 221

Presented by CSU Health Network

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