



Workshop Schedule – Winter 2024

Topic	Date	Time	Location
Managing Time & Avoiding Procrastination	Mon Jan 22	15:00 - 16:00 AST	Virtual
Building & Maintaining Motivation	Tues Jan 23	17:00 - 18:00 AST	Virtual
Studying 101: How to Study Effectively	Wed Jan 24	13:30 - 14:30 AST	Rowe 1016
Effective Reading Strategies	Thurs Jan 25	10:30 - 11:30 AST	Mona Campbell 1107
Get Focused: Concentration & Memorization	Fri Jan 26	14:30 - 15:30 AST	Virtual
Setting SMART Goals	Mon Jan 29	18:00 - 19:00 AST	Virtual
Studying 101: How to Study Effectively	Tues Jan 30	17:00 - 18:00 AST	Virtual
A, B, or C? Strategies for Multiple Choice Exams	Wed Jan 31	12:00 - 13:00 AST	Marion McCain 2118
Note Taking & Listening Techniques	Thurs Feb 1	11:30 - 12:30 AST	Virtual
Managing Time & Avoiding Procrastination	Mon Feb 5	16:30 - 17:30 AST	Virtual
Presentation & Speaking Skills	Tues Feb 6	18:30 - 19:30 AST	Virtual
Building & Maintaining Motivation	Wed Feb 7	17:30 - 18:30 AST	Virtual
Short Answer & Essay Exams: Avoiding the Blank Page	Thurs Feb 8	11:00 - 12:00 AST	Virtual
A, B, or C? Strategies for Multiple Choice Exams	Fri Feb 9	13:00 - 14:00 AST	Virtual
Note Taking & Listening Techniques	Mon Feb 12	18:00 - 19:00 AST	Virtual
Short Answer & Essay Exams: Avoiding the Blank Page	Tues Feb 13	09:00 - 10:00 AST	Mona Campbell 1107
Managing Time & Avoiding Procrastination	Wed Feb 14	17:00 - 18:00 AST	Virtual
Building & Maintaining Motivation	Thurs Feb 15	15:30 - 16:30 AST	Virtual
Studying 101: How to Study Effectively	Fri Feb. 16	14:00 - 15:00 AST	Virtual
Get Focused: Concentration & Memorization	Mon Feb 26	15:00 - 16:00 AST	Mona Campbell 1107
Effective Reading Strategies	Tues Feb 27	17:00 - 18:00 AST	Virtual
Note Taking & Listening Techniques	Wed Feb 28	16:00 - 17:00 AST	Virtual
Working in a Group	Thurs Feb 29	10:30 - 11:30 AST	Mona Campbell 1107
Setting SMART Goals	Fri Mar 1	15:30 - 16:30 AST	Virtual





Workshop Schedule – Winter 2024

Topic	Date	Time	Location
Effective Reading Strategies	Mon Mar 4	12:30 - 13:30 AST	Virtual
Managing Time & Avoiding Procrastination	Tues Mar 5	09:00 - 10:00 AST	Mona Campbell 1107
Short Answer & Essay Exams: Avoiding the Blank Page	Wed Mar 6	18:00 - 19:00 AST	Virtual
Get Focused: Concentration & Memorization	Thurs Mar 7	17:00 - 18:00 AST	Virtual
Building & Maintaining Motivation	Fri Mar 8	11:30 - 12:30 AST	Virtual
Studying 101: How to Study Effectively	Mon Mar 11	11:30 - 12:30 ADT	Virtual
Note Taking & Listening Techniques	Tues Mar 12	10:30 - 11:30 ADT	Virtual
Working in a Group	Wed Mar 13	13:30 - 14:30 ADT	Marion McCain 2018
Setting SMART Goals	Thurs Mar 14	10:00 - 11:00 ADT	Mona Campbell 1107
Short Answer & Essay Exams: Avoiding the Blank Page	Mon Mar 18	15:00 - 16:00 ADT	Virtual
A, B, or C? Strategies for Multiple Choice Exams	Tues Mar 19	10:30 - 11:30 ADT	Virtual
Effective Reading Strategies	Wed Mar 20	15:00 - 16:00 ADT	Virtual
Get Focused: Concentration & Memorization	Thurs Mar 21	18:00 - 19:00 ADT	Virtual
Studying 101: How to Study Effectively	Fri Mar 22	15:30 - 16:30 ADT	Virtual
Building & Maintaining Motivation	Mon Mar 25	15:00 - 16:00 ADT	Mona Campbell 1107
Setting SMART Goals	Tues Mar 26	14:00 - 15:00 ADT	Virtual
Presentation & Speaking Skills	Wed Mar 27	13:00 - 14:00 ADT	Rowe 1016
A, B, or C? Strategies for Multiple Choice Exams	Thurs Mar 28	17:00 - 18:00 ADT	Virtual
Note Taking & Listening Techniques	Mon Apr 1	12:00 - 13:00 ADT	Mona Campbell 1107
Get Focused: Concentration & Memorization	Tues Apr 2	11:00 - 12:00 ADT	Virtual
Setting SMART Goals	Wed Apr 3	09:30 - 10:30 ADT	Virtual
Managing Time & Avoiding Procrastination	Thurs Apr 4	17:30 - 18:30 ADT	Virtual
Effective Reading Strategies	Mon Apr 8	18:00 - 19:00 ADT	Virtual
A, B, or C? Strategies for Multiple Choice Exams	Tues Apr 9	17:30 - 18:30 ADT	Virtual

