

TILT | ACADEMIC SUCCESS WORKSHOPS

Workshop	What You'll Learn	When
Plan and Prepare	How to organize yourself and your course materials to be successful this semester.	Tues. August 29 @ 4PM Wed. August 30 @ 5PM Thur. August 31 @ 6PM
Building Classroom Relationships <i>Sponsored by Year2@CSU</i>	Learn how faculty and other students can enrich your academics and overall college experience.	Tues. September 5 @ 4PM Wed. September 6 @ 5PM Thur. September 7 @ 6PM
Successful Scheduling	Different time management tactics to coordinate your different commitments and responsibilities.	Tues. September 12 @ 4PM Wed. September 13 @ 5PM Thur. September 14 @ 6PM
Read, Write, Retain	Learn different note-taking styles, and how to read content for optimal comprehension and retention.	Tues. September 19 @ 4PM Wed. September 20 @ 5PM Thur. September 21 @ 6PM
Test Anxiety <i>Presented by the CSU Health Network</i>	Strategies to calm yourself before exams and boost your confidence.	Tues. September 26 @ 4PM Thur. September 28 @ 6PM
Liven Up Your Learning!	Novel and practical strategies to approach learning – when, how, where, and with whom to study.	Tues. October 3 @ 4PM Wed. October 4 @ 5PM Thur. October 5 @ 6PM
A Deeper Dive <i>Sponsored by Year2@CSU</i>	Enhance your critical thinking skills by learning how to examine information on a deeper level.	Tues. October 10 @ 4PM Wed. October 11 @ 5PM Thur. October 12 @ 6PM
Living with Integrity <i>Sponsored by TILT's Academic Integrity Program</i>	Ground yourself in pride and learn how integrity impacts your academics, student life, and future.	Tues. October 17 @ 4PM Wed. October 18 @ 5PM Thur. October 19 @ 6PM
Self-Care <i>Presented by the CSU Health Network</i>	How to take better care of your basic needs – sleep, nutrition, and activities for holistic success.	Tues. October 24 @ 4PM Thur. October 26 @ 6PM
Memory & Concentration	Learn information-recall strategies and how to enhance your ability to focus.	Tues. October 31 @ 4PM Wed. November 1 @ 5PM Thur. November 2 @ 6PM
Overcoming Procrastination	Understand why you procrastinate, and learn strategies for changing those habits.	Tues. November 7 @ 4PM Wed. November 8 @ 5PM Thur. November 9 @ 6PM
Motivation & Goal-Setting <i>Sponsored by Year2@CSU</i>	How to create short and long-term goals to keep you motivated.	Tues. November 14 @ 4PM Wed. November 15 @ 5PM Thur. November 16 @ 6PM
FALL BREAK: NO WORKSHOPS		
Stress Less <i>Presented by the CSU Health Network</i>	Learn the causes of stress, its positive and negative effects, and different coping strategies.	Tues. November 28 @ 4PM Thur. November 30 @ 6PM
Final Exam Prep	Tips for exam prep, making the most of your study time, and tackling your finals week.	Tues. December 5 @ 4PM Wed. December 6 @ 5PM Thur. December 7 @ 6PM

Location: TILT 221 **Duration:** 50-minutes

No pre-registration required. Just sign-in when you arrive! These workshops are highly interactive so come prepared to write, share, and engage!

Questions? Contact Darrie Matthew Burrage at darrie.burrage@colostate.edu or (970) 491-2519

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