|  |  |  |
| --- | --- | --- |
| **Seminars Presented on Zoom** | | |
| **Your Best Friend, Your Syllabus** | Monday, 2/8 @ 5pm | So much of what you need to be successful in a class is in the syllabus, but they are all different and all contain a lot of information. This seminar will cover the parts of your syllabus, the hidden treasures, and how to make it easier to use. |
| **Time Management A-Z** | Wednesday, 2/17 @ 5pm | Time management is tough for everyone, but it isn’t just about scheduling. Learn about managing competing priorities, keeping your time organized, and staying on track. |
| **Putting Off Procrastination** | Thursday, 2/ 25 @4 pm | Procrastination can throw the best organization off track and derail an entire semester very quickly. Procrastination leads to anxiety, sloppy and rushed work, and impacts academic performance. Learn tips and tricks for putting off procrastination and keeping your plans on track. |
| **Talking to Professors: How & Why** | Tuesday, 3/2 @5 pm | Talking to professors is easy and helpful! This seminar will talk about many of the reasons it is a great idea to talk to your professors, and how to approach it, even giving some specific ideas of what to say. |
| **All About Exams; Prep, Strategies, and Anxiety** | Tuesday, 3/ 9 @4 pm | From this seminar you’ll learn how to prepare for tests, strategies while taking a test, how to manage the anxiety so many of us feel before, during, and after an exam, and what you should be doing after the test. |
| **Rebounding from Midterm Grades** | Monday, 3/ 29 @5 pm | Sometimes even when we work hard, our grades aren’t what we expected. Midterm grades are a preview, so you can adjust where necessary. At this seminar, you’ll learn how- even when you feel like giving up. |
| Thursday, 4/1 @5 pm |
| **Time Management A-Z** | Monday, 4/5 @4 pm | Time management is tough for everyone, but it isn’t just about scheduling. Learn about managing competing priorities, keeping your time organized, and staying on track. |
| **Reach the Finish Line: Making a Study Plan for Finals** | Wednesday, 4/14 @4 pm | When making a study plan it’s not just about time, but managing and planning tasks as well. In this seminar you will learn to break down a study plan that works for you to get you ready for finals and end of semester assignments. |
| **All About Exams; Prep, Strategies, and Anxiety** | Monday, 4/26 @5pm | From this seminar you’ll learn how to prepare for tests, strategies while taking a test, how to manage the anxiety so many of us feel before, during, and after an exam, and what you should be doing after the test. |
| **Crash Course Webinars, Available on OAS Website or** [**https://bit.ly/30OcDon**](https://bit.ly/30OcDon) | | |
| **Managing Priorities** | Balancing work for every class and everything else can seem overwhelming. Learn how to figure out what’s most important, and supercharge your to-do lists with prioritizing strategies. | |
| **Create a Plan for Success** | When making a study plan it’s not just about time, but managing and planning tasks as well. This seminar will take a hands on approach to helping you figure out a study plan that works for you. | |
| **Stress & Sleep: Taking Time to Breath and Catch Some Zzz’s** | Stress and lack of sleep can really impact our grades and health. Stress effects sleep quality which effects how we handle stress. Get tips on how to balance stress AND get enough sleep! | |
| **Taking Advantage of Your Learning Style & Strengths** | Some people learn best by reading, others by doing, and many other ways. This interactive seminar will help you determine how you learn best and how to use that to your advantage. | |
| **Breaking Down Studying Myths** | Learn the truth about studying, and the dark side of common studying myths. The truth is everyone learns differently, uncover strategies that work for you by understanding the myths and the truth. | |
| **All About Exams; Prep, Strategies, and Anxiety** | Learn how to prepare for tests, strategies while taking a test, how to manage the anxiety so many of us feel before, during, and after an exam, and what you should be doing after the test. | |
| **Talking to Professors: How & Why** | Talking to professors is easy and helpful! This Crash Course is an overview of some reasons to talk to your professors, and how to approach it, even giving some specific ideas of what to say. | |
| **Project Management** | Breaking down assignments and papers can make them easier to complete and less overwhelming. This is also great for managing multiple papers, exams, or projects for various classes. | |
| **Apps & Academics** | Learn about apps and other tech that can make college easier; get organized, stay on top of deadlines, and study. We’ll also cover some of the common technology productivity ‘traps’. | |
| **Stop Procrastinating** | Procrastination can throw the best organization off track, it leads to anxiety and impacts academic performance. Learn tips and tricks for putting off procrastination and keeping your plans on track. | |
| **Test Anxiety** | A deep dive into how to avoid and conquer test anxiety. From pre-test jitters to posttest regret, we’ll talk about preparation strategies, mindfulness, and self-soothing and re-focusing techniques to use during exams. | |
| **Email & Communication Etiquette** | You may not be surprised to find out how much stress this causes most students. Learn some helpful tips and feel assured that you are communicating with faculty and classmates in a professional way. | |
| **Getting & Staying Organized** | Organize your time, your space, and your supplies to make the most of your time and energy. | |
| **Managing Distractions** | Distractions can be frustrating, let’s talk about what distractions you can anticipate and how to overcome them. | |