

Academic Success Seminars & Crash Courses

Seminars			Location
Your Best Friend, Your Syllabus*	Monday, February 7 @ 4	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.	Zoom: https://us06web.zoom.us/j/86212570948?pwd=R0tOZitVNIUwUjdEQXNVUWdzTTZRZz09
Plan for Success*	Tuesday, February 8 @ 5	When making a study plan it's not just about time, but managing and planning tasks as well. This seminar will help you determine a study schedule that works for you and balances your priorities. We'll also discuss breaking down larger assignments to fit more easily and efficiently into your available time.	Zoom: https://us06web.zoom.us/j/87039975112?pwd=MlIdaVUhaSUdkVzUwajY1cGxyMElidz09
Time Management A-Z *	Wednesday, February 9 @ 5	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.	Zoom: https://us06web.zoom.us/j/89031529948?pwd=bDZFcndUWlhXdWlZy9nNkt2emFQZz09
Putting Off Procrastination	Monday, February 14 @ 5	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.	Sophie Kerr Room, 2 nd Floor Miller Library
Balancing Mental Health and College Life	Tuesday, February 15 @ 5	College can be stressful, and it is easy to lose track of what you need. Taking care of your mental health is crucial to succeeding and achieving goals, but it can be challenging to know where to start. This seminar will go over tips, tricks, and tools to incorporate mental health boosts and self-care while teaching easy ways to ask for help from those around you.	Sophie Kerr Room, 2 nd Floor Miller Library
Plan for Success	Thursday, February 17 @ 4	When making a study plan it's not just about time, but managing and planning tasks as well. This seminar will help you determine a study schedule that works for you and balances your priorities. We'll also discuss breaking down larger assignments to fit more easily and efficiently into your available time.	Sophie Kerr Room, 2 nd Floor Miller Library
Note Taking: Getting It All Down	Monday, February 21 @ 4	Taking notes is not as easy as just writing down what the professor says. There are different techniques that are better for different types of courses, and using these skills will make class and studying easier. Techniques for taking notes on reading can also vary, all of which will be discussed in this seminar.	Sophie Kerr Room, 2 nd Floor Miller Library
Talking to Professors: How & Why	Wednesday, February 23 @ 4	Talking to professors is hard, and is something many students avoid. There are countless reasons why we should talk to our professors, but sometimes that doesn't make it any easier. 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.	Sophie Kerr Room, 2 nd Floor Miller Library
All About Exams; Prep, Strategies, and Anxiety	Thursday, February 24 @ 5	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.	Sophie Kerr Room, 2 nd Floor Miller Library
Stress and Sleep	Tuesday, March 1 @ 4	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!	Sophie Kerr Room, 2 nd Floor Miller Library
Putting Off Procrastination	Tuesday, March 22 @ 5	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.	Sophie Kerr Room, 2 nd Floor Miller Library
Rebounding from Midterm Grades	Thursday, March 24 @ 4 Monday, March 28 @ 5 Wednesday, March 30 @ 4	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 to do that- even when you feel like giving up.	Sophie Kerr Room, 2 nd Floor Miller Library

Talking to Professors: How & Why	Tuesday, March 29 @ 4	Talking to professors is hard, and is something many students avoid. There are countless reasons why we should talk to our professors, but sometimes that doesn't make it any easier. 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.	Sophie Kerr Room, 2 nd Floor Miller Library
Balancing Mental Health and College Life	Wednesday, April 6 @ 5	College can be stressful, and it is easy to lose track of what you need. Taking care of your mental health is crucial to succeeding and achieving goals, but it can be challenging to know where to start. This seminar will go over tips, tricks, and tools to incorporate mental health boosts and self-care while teaching easy ways to ask for help from those around you.	Sophie Kerr Room, 2 nd Floor Miller Library
Plan for Success	Thursday, April 7 @ 5	When making a study plan it's not just about time, but managing and planning tasks as well. This seminar will help you determine a study schedule that works for you and balances your priorities. We'll also discuss breaking down larger assignments to fit more easily and efficiently into your available time.	Sophie Kerr Room, 2 nd Floor Miller Library
Time Management A-Z	Monday, April 11 @ 4	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.	Sophie Kerr Room, 2 nd Floor Miller Library
Stress and Sleep	Wednesday, April 13 @ 5	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!	Sophie Kerr Room, 2 nd Floor Miller Library
Reach the Finish Line: Making a Study Plan for Finals	Tuesday, April 19 @ 4	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.	Sophie Kerr Room, 2 nd Floor Miller Library
All About Exams; Prep, Strategies, and Anxiety	Monday, April 25 @ 5	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. Findi	Sophie Kerr Room, 2 nd Floor Miller Library
Crash Course Webinars, Available on OAS Website or 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 Breathe 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.