THIS SEMESTER MATTERS!!!
SPRING 2018 WORKSHOPS SCHEDULE

WHEN

TIME: 2-4 pm

January 11th - 12th – (Habit 1) Be Proactive: Orientation and Schedule REVAMP
Developing Motivation
  • Establishing an attitude of success

January 16th Makeup Orientation and Schedule REVAMP – Room N116

January 24th – (Habit 3) First Things First: Time Management
  • Time Management Discussion
  • Class schedule planning activity using class syllabi
  • Academic Success resources and activities

January 31st – (Habit 2) Begin with End in Mind
Creating Your Academic Vision and SMART Goals
  • Discussion of goal setting
  • SMART Goals
  • Creating an Academic Vision

February 7th – Midterm Ready???
Study Strategies
  • Introduction to and analysis of note-taking strategies
  • Collaborate to identify best practices for personal methods for note-taking
Test Taking Strategies
  • Build awareness and exploration of different types of tests and test taking strategies
Exploring and Applying Your Learning Style
  • Determining your learning style

February 21st – Academic Organization
  • Build awareness and exploration of organization techniques and methods
  • Keeping track of grades and calculating semester and cumulative GPAs

February 28th – (Habit 6) Synergize
Establishing Positive Academic Relationships/ Exploring Campus Resources
  • Creating relationships with your advisor and professors
  • Developing your academic "team"
  • Exploring and Incorporating Academic Resources

March 12th – March 16th – Probation Advising Week for Summer/Fall 2018
(No Workshop-Required scheduled advising appointments)
March 21st – (Habit 7) Sharpen the Saw
Managing Stress and Developing Balance
- Introduction of strategies in balancing academic and personal life
- Exploring personal values
- Examining stress management techniques

March 28th – (Habit 4) Think Win-Win
Developing Accountability and Support Measures
- Establishing accountability measures
- Creating your accountability circle
- Establishing a last education plan
- Creating a personal motto

April 4th – Show and Tell
Developing Presentation Skills
- Exploring preparation techniques
- Examining skills needed for successful presenting

April 11th – Utilizing Your Personality and Strengths for Academic Success
GRIT/ Strengths
- Introduction of GRIT and Growth Mindset theories

April 17th – Finals Ready???
Conquering Final Exams
- Review final exam schedule
- Examining best practices for final exam success
- Exploring post exam techniques

WHERE
CKNB Room N252
Cason-Kennedy Nursing Building