September 13 – (Habit 2) Begin with End in Mind
Creating Your Academic Vision and SMART Goals
- Discussion of goal setting
- SMART Goals
- Creating an Academic Vision

September 20 – (Habit 3) First Things First: Time Management
- Time Management Discussion
- Class schedule planning activity using class syllabi
- Academic Success resources and activities

September 27 – College 101: Learning How To Learn
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

October 11 – (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

October 18 – (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

October 22 – October 26 – Academic Probation Advising Week for Spring 2019
(No Workshop-Academic probation students are required to scheduled advising appointments)

November 8 – (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

November 15 – Utilizing Your Personality and Strengths for Academic Success
GRIT/ Strengths
- Introduction of GRIT and Growth Mindset theories

November 29 – Finals Ready???
Conquering Final Exams
- Review final exam schedule
- Examining best practices for final exam success
- Exploring post exam techniques