SUCCESS ZONE

Establishing College Success Habits
When: September 8th @ 4:00pm & 6:30 pm
Location (4:00pm): Bowman 208 or Via Teams (6:30pm): Via Teams
Description: Students can build on their knowledge of methods, strategies, and resources for success. This workshop will help students to ring in the new semester with new habits, and an intentional goal offering an opportunity to learn how to start and end each day without hesitation and more organization.

Let’s Talk Time
When: September 14th @ 4:00pm
Location: Bowman 208 or Via Teams
Description: This interactive workshop addresses common issues that impact time management for many college students (i.e. procrastination and over-commitment) and introduces tools that can help to create a routine and empower a greater control of time.

Learn Effective Notetaking Skills
When: September 20th @ 4:00pm
Location: Bowman 208 or Via Teams
Description: Ever feel like you spend all your time copying the notes only to miss the lecture and spend MORE time studying, join us to find new ways to take effective notes.

SMART Goals
When: September 21st @ 12:00pm & 4:00pm
Location: (12:00pm) - Bowman 202 or Via Teams (4:00pm) - Bowman 208 or Via Teams
Description: Come remember your why, write it down and set some S-M-A-R-T goals to keep you motivated and committed to academic success!

Combating Zoom Fatigue
When: September 27 @ 3:00pm
Location: Bowman 208 or Via Teams
Learn some new tips and tricks to combat zoom fatigue and stay engaged during online courses or meetings!
BUST through Procrastination Habits!
When: September 28th @ 3:00pm & 6:30 pm
Location (3:00pm): Bowman 222 or 
Via Teams (6:30pm): 
Via Teams
Description: “Oh I just work better under pressure!” We have told ourselves these tales long enough- join us and stop the cramming and all-nighters!

Six Effective Study Strategies
When: October 4th @ 4:00pm
Location: Bowman 208 or 
Via Teams
Description: Ever feel like spent hours studying but still unsure of what you just learned? Join us as we cover 6 effective strategies that you can start using today to help you reach your academic goals.

Motivation, Success and You
When: October 12 @ 12:00pm & 6:30pm
Location (12:00pm): Bowman 202 or 
Via Teams (6:30pm): 
Via Teams
Description: This powerful workshop will examine the dynamics of motivation to help students be more participatory, goal-oriented and make connections to real life.

Boost Your Memory Power
When: November 3 @ 4:00pm
Location: Bowman 208 or 
Via Teams
Description: Come find new ways to boost your memory to help you study smarter not harder.

Managing Test Anxiety
When: November 17 @ 4:00pm & 6:30pm
Location (4:00pm): Bowman 208 or 
Via Teams (6:30pm): 
Via Teams
Description: Do your best and let go of stress. Come hang out and build confidence around test taking and exams!

How to Plan for Finals
When: Wednesday, December 1 @ 4:00pm & Thursday December 2 @ 12:00pm
Location: December 1st (4:00pm) - Bowman 208 or 
Via Teams
Location: December 2nd (12:00pm) - Bowman 202 or 
Via Teams
Description: This workshop will offer strategies and techniques to ace the test and avoid procrastination. Students will learn to manage emotions under pressure and build their final exam week schedule that allows for proper sleep, nutrition and a positive attitude.

Interested in attending any of the above workshops? Please RSVP to Andrea Petley @ andrea.petley@mcla.edu or via phone @ 413-662-5488