<table>
<thead>
<tr>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
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<tr>
<td><strong>Bouncing Back, Academic Resilience</strong>&lt;br&gt;Reflect on a prior failure or struggle, learn what to do when getting feedback, and apply new strategies when getting a critique.</td>
<td><strong>Email Organization</strong>&lt;br&gt;Come learn strategies how to organize your UConn Gmail inbox so you never feel inbox stress again!</td>
<td><strong>Finals Prep</strong>&lt;br&gt;With finals week around the corner, this is the place to get organized, discover ways to study, and create a plan.</td>
<td><strong>How Major is Your Major?</strong>&lt;br&gt;Anxious about choosing a major? Feel like you’re in the wrong major? Worried about how certain majors lead to careers? This workshop explores FACT vs FICTION when it comes to choosing a program of study.</td>
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<tr>
<td>Tues 10/8 at 4pm</td>
<td>Mon 10/7 at 4pm</td>
<td>Tues 10/22 at 4pm</td>
<td>Thurs 10/23 at 4pm</td>
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<td>Wed 10/16 at 4pm</td>
<td>Thurs 11/7 at 4pm</td>
<td>Wed 11/18 at 4pm</td>
<td>Wed 11/6 at 4pm</td>
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<td><strong>iStudy, Apps for Educational Success</strong>&lt;br&gt;Find ways to use your phone or computer to increase your productivity and can help you study.</td>
<td><strong>Just Breathe, Stress Management</strong>&lt;br&gt;Did you know there are multiple kinds of stress? Come talk about ways to combat the negative results of stress.</td>
<td><strong>Microsoft Excel Basics and Advanced</strong>&lt;br&gt;Want to track your grades in your classes in one single place? Need Excel basics and want some assistance? This is the place for you. Be sure to bring your laptop.</td>
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<tr>
<td>Wed 9/4 at 7pm</td>
<td>Mon 9/30 at 7pm</td>
<td>Basics&lt;br&gt;Tues 9/24 at 4 pm</td>
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<tr>
<td>Thurs 10/17 at 4pm</td>
<td>Mon 12/2 at 4pm</td>
<td>Advanced&lt;br&gt;Tues 10/15 at 4pm</td>
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<tr>
<td>Tues 11/19 at 7 pm</td>
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<td>Basics&lt;br&gt;Tues 11/12 at 4 pm</td>
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Textbooks, Pizza, & Dairy Bar Academic Financial Budgeting
Discover the different financial obligations and rules on campus. Create your own personalized money tracking Excel spreadsheet to track your own spending habits.

Mon 9/9 at 7pm  
Tues 10/1 at 4pm

Where Do I go for that?
Learn about resources on campus and how to ask the right questions when you go there for support

Wed 10/9 at 7pm  
Wed 11/4 at 4pm

Online Course Support
Managing an online course can be challenging. We will provide steps to consider when taking an online course.

Thurs 9/12 at 4pm  
Mon 9/23 at 7pm

Presentation Skills Support
Do you have an upcoming presentation? Come learn tricks to present as well as practice your skills.

Thurs 9/26 at 4pm  
Wed 11/13 at 7pm

Prioritization Techniques
Come and explore strategies to organize your priorities.

Tues 9/10 at 4pm  
Wed 10/2 at 7pm  
Tues 11/11 at 4pm

Setting up Your Semester
This presentation will help you start your semester organized, prepared, and in the mindset to succeed.

Thurs 9/3 at 4pm  
Wed 9/5 at 4pm  
Wed 9/11 at 7pm

Strategies for Deeper Learning
Have one go to study strategy? Want to add more techniques to your tool belt? This presentation will discuss methods to approach your coursework.

Tues 9/17 at 7pm  
Wed 10/30 at 4pm

Success in S.T.E.M. (Werth 115)
If you are in a STEM course or are a STEM major, this is the workshop for you. Learn ways to be successful in your courses including how to approach your assignments and studying.

Thurs 10/3 at 4pm  
Mon 10/14 at 4pm

Test Taking Strategies
Realize things to consider when preparing for an upcoming exam to then create a plan. Learn exam format tactics to best approach different types of test questions.

Wed 9/25 at 7pm  
Mon 11/4 at 4pm  
Thurs 11/21 at 4pm

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