## Hartford Academic Achievement Center
### Fall 2019 Workshop Schedule

<table>
<thead>
<tr>
<th>Month</th>
<th>Title</th>
<th>Details</th>
<th>Dates</th>
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<tbody>
<tr>
<td><strong>September</strong></td>
<td>Bouncing Back, Academic Resilience</td>
<td>Reflect on a prior struggle, learn what to do when getting feedback, and apply new strategies when getting a critique.</td>
<td>Mon 10/7 at 12:30pm, Wed 10/16 at 4pm, Tues 11/5 at 4pm</td>
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<td>Email Organization</td>
<td>Come learn strategies how to organize your UConn Gmail inbox so you never feel inbox stress again!</td>
<td>Mon 9/16 at 12:30pm, Tues 10/15 at 12:30pm</td>
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<td>Finals Prep</td>
<td>With finals week around the corner, this is the place to get organized, discover ways to study, and create a plan.</td>
<td>Tues 12/3 at 4pm, Wed 12/4 at 6pm</td>
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<td>Focusing to Get Things Done, Attention Management</td>
<td>Discuss the issue of focusing on tasks. Then discover strategies that will help you focus in the future.</td>
<td>Tues 10/8 at 4pm, Mon 11/18 at 12:30pm</td>
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<td>iStudy, Apps for Educational Success</td>
<td>Find ways to use your phone or computer to increase your productivity and can help you study.</td>
<td>Tues 10/1 at 4pm, Tues 11/19 at 4pm</td>
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<td>Just Breathe, Stress Management</td>
<td>Did you know there are multiple kinds of stress? Come talk about ways to combat the negative results of stress.</td>
<td>Mon 9/30 at 12:30pm, Wed 10/23 at 6pm</td>
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<td>Looking Ahead, Selecting Courses</td>
<td>Come reflect about your previous experiences and use this information to select courses for the following semester.</td>
<td>Thurs 10/14 at 12:30pm</td>
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<td>Managing Two Campuses</td>
<td>Are you taking courses at the Hartford campus and another one? Come learn strategies to best manage this balance as well as the resources available to you.</td>
<td>Wed 10/2 at 6pm, Thurs 11/7 at 4pm</td>
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<td>Microsoft Excel Basics</td>
<td>Want to track your grades in one place? Need Excel basics and want some assistance? Be sure to bring your laptop.</td>
<td>Mon 10/21 at 12:30pm, Tues 11/12 at 4pm</td>
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Presentation Skills Support
Do you have an upcoming presentation? Come learn tricks to present as well as practice your skills.

Wed 11/13 at 6pm

Prioritization Techniques
Come and explore strategies to organize your priorities.

Thurs 9/5 at 4pm  Tues 9/10 at 4pm  Mon 9/23 at 12:30pm

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

Tues 9/3 at 4pm  Mon 9/9 at 12:30pm  Wed 9/11 at 6pm

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 10/22 at 4pm  Wed 10/30 at 6pm

Talking to Professors
Do you know how to effectively communicate with your professors? Learn some strategies to improve your communication skills and what are the “right” questions to be ready for your exam.

Thurs 10/1 at 4pm  Wed 11/6 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 9/18 at 6pm  Mon 11/4 at 12:30pm  Thurs 11/21 at 4pm

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 9/4 at 6pm  Wed 10/9 at 6pm

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 10/10 at 4pm  Thurs 11/14 at 4pm

WORKSHOPS ARE HELD IN ROOM 202
ACHIEVE.UCONN.EDU