

Fall 2022: Storrs

WORKSHOP SCHEDULE

SEPTEMBER

TUES 9/6 AT 4PM Setting Up Your Semester	WED 9/7 AT 6PM Prioritization	THURS 9/8 AT 4 PM Setting Up Your Semester	MON 9/12 AT 4PM Where do I Go for that?
TUES 9/13 AT 6PM Talking to Professors	WED 9/14 AT 4PM Setting Up Your Semester	MON 9/19 AT 6PM Attention Management	TUES 9/20 AT 5PM Prioritization <i>WebEx</i>
THURS 9/22 AT 6PM Test Taking Strategies	MON 9/26 AT 4PM Talking to Professors	WED 9/28 AT 6PM Attention Management	THURS 9/29 AT 4PM Where do I Go for That?


OCTOBER

TUES 10/4 AT 6PM Test Taking Strategies	WED 10/5 AT 4PM JUST BREATHE: Stress Management	THURS 10/6 AT 6PM Strategies for Deeper Learning	MON 10/10 AT 4PM Attention Management
WED 10/12 AT 6PM JUST BREATHE: Stress Management	THURS 10/13 AT 5PM Test Taking Strategies <i>WebEx</i>	MON 10/17 AT 6PM Bouncing Back: Academic Resilience	TUES 10/18 AT 4PM Looking Forward Selecting Courses
THURS 10/20 AT 6PM Talking to Professors	MON 10/24 AT 4PM Evaluating Your Semester	TUES 10/25 AT 4PM Bouncing Back: Academic Resilience	WED 10/26 AT 4PM Prioritization

NOVEMBER

TUES 11/1 AT 4PM Attention Management	WED 11/2 AT 6PM JUST BREATHE: Stress Management	THURS 11/3 AT 4PM Strategies for Deeper Learning	MON 11/7 AT 6PM Talking to Professors
WED 11/9 AT 4PM Test Taking Strategies	THURS 11/10 AT 6PM Prioritization	MON 11/14 AT 4PM Bouncing Back: Academic Resilience	TUES 11/15 AT 5PM Strategies for Deeper Learning <i>WebEx</i>
THURS 11/17 AT 4PM Attention Management	MON 11/28 AT 6PM Test Taking Strategies	TUES 11/29 AT 4PM Strategies for Deeper Learning	WED 11/30 AT 6PM JUST BREATHE: Stress Management

DECEMBER

MON 12/5 AT 4PM Finals Prep	WED 12/7 AT 5PM Finals Prep <i>WebEx</i>	THURS 12/8 AT 6PM Finals Prep	
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All workshops held in Rowe 217 unless noted

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Fall 2022: Hartford

WORKSHOP SCHEDULE

SEPTEMBER

TUES 9/6 AT 3PM Setting Up Your Semester	WED 9/7 AT 3PM Prioritization	THURS 9/8 AT 3 PM Setting Up Your Semester	MON 9/12 AT 3PM Setting Up Your Semester
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DECEMBER

MON 12/5 AT 3PM Finals Prep	WED 12/7 AT 3PM Finals Prep WebEx	THURS 12/8 AT 3PM Finals Prep	
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All workshops held in HTB 202 unless noted

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WORKSHOP DESCRIPTIONS

How Major is Your Major?

Anxious about choosing a major? Feel like you're in the wrong major? Worried about how certain majors lead to careers? Explore FACT vs FICTION when it comes to choosing a program of study.

Attention Management: Focusing to Get Things Done

Discuss the issue of focusing on tasks. Then discover strategies that will help you focus on the future.

Where do I go for that?

Learn about resources on campus and how to ask the right questions when you go there for support.

Setting up Your Semester

Get help with starting your semester organized, prepared, and in the mindset to succeed.

Bouncing Back: Academic Resilience

Reflect on a prior struggle, learn what to do when getting feedback, and apply new strategies when getting a critique.

Prioritization Techniques

Come and explore strategies to organize your priorities.

Looking Ahead, Selecting Courses

Come reflect about your previous experiences and use this information to select courses for next semester.

Evaluating Your Semester

With midterms and finals around the corner, this is the place to get organized, discover ways to study and create a plan.

Secrets of Homer Babbidge

Do you know where to go if you need research help? Learn about ebooks, streaming videos and more online resources available at the UConn Library.

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.

Finals Prep

With finals week around the corner, this is the place to get organized, discover ways to study, and create a plan.

Strategies for Deeper Learning

Have one go to study strategy? Want more effective techniques in your tool belt? Come to discuss methods to approach your coursework.

Just Breathe: Stress Management

Did you know there are multiple kinds of stress? Come talk about ways to combat the negative results of stress.

AAC

Helping students get the grades they want!

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