**SUCCESS COACHING AND LEARNING STRATEGIES**

ALL WORKSHOPS HELD IN 114 SOUTH HALL

### DESIGNING A WEEKLY SCHEDULE
**Tuesday, August 6 | 2:10 - 3 PM**
Learn about time management strategies through designing a weekly calendar or making improvements to an existing schedule. Feel good about your 24 hours, 7 days a week!

### STUDY SMARTER, NOT HARDER
**Thursday, August 15 | 1:10 - 2 PM**
How do you know what you know? How do you prepare for exams? Let’s discuss strategies that can help make study sessions more effective and efficient.

### COMMUNICATING WITH PROFESSORS
**Monday, August 19 | 11 - 11:50 AM**
What are best practices for communicating and building relationships with professors? We will discuss e-mail, office hours, and mentorship.

### FOCUS AND CONCENTRATION
**Wednesday, August 28 | 1:10 - 2 PM**
Explore ways to increase focus and concentration, including strategies to help you stay on task. You will have a chance to reflect on your common distractions and problem solve.

### TASK MANAGEMENT
**Tuesday, September 3 | 3:10 - 4 PM**
Having trouble juggling competing responsibilities and tasks? Let’s discuss how to strike a better balance through prioritization and to-do lists.

### STRATEGIES FOR TEST TAKING
**Wednesday, September 11 | 2:10 - 3 PM**
How can I become a better test taker? How can I better manage test-induced anxiety? We will cover techniques for multiple exam formats (multiple choice, short answer, etc.).

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**Feeling stuck? Meet with a success coach!**

A success coach can help you take control of your academic, personal, and professional success through awareness building, goal setting, and action planning. We support you in finding your own unique solutions through helping you better understand your own needs, tendencies, and strengths. We listen, ask questions, serve as your thinking partner, and offer you insights. *Visit our website to sign up for an appointment.*