FALL 2019 WORKSHOP SCHEDULE

AUGUST

COLLEGE 101: TIPS TO JUMPSTART FRESHMAN YEAR
Thursday, August 22 at 3-4:10 p.m. and 4:30-5:40 p.m. in 209 Woldenberg Art Center
Learn ways to use your time at Tulane to the fullest, develop time-management skills, discover study tips, and discuss about how to make friends on campus.

SWEAT WITH SUCCESS
Wednesday, August 28, 2019 from 4-5 PM in the Academic Quad outside Mussafer Hall
Join the Success Coaches for a free workout class on campus! This is an event series aimed to help students relieve stress, introduce students to positive health and wellness habits in college, and build relationships between the students and coaches.

SEPTEMBER

PLANNER JAM
Thursday, September 5, 2019 from 4:30-5:30 PM in the Mussafer Hall Collaboration Room (116)
Do you have all of your class syllabi? Are you ready to dominate your time and work smarter not harder? Come start your semester off right by jammin’ on your planner to get ready for the year. Success Coaches will be ready and available to help you learn to maximize your organization skills and become more efficient. If you have a planner, bring it! We will use real-life examples and talk through how you can arrange your time for stress-relief, to be more aware of deadlines, and to work ahead without over working yourself.

FRESHMAN 15
Monday, September 9 from 1-2 PM in the Mussafer Hall Collaboration Room (116)
Eat pizza and gain 15 tips for success, including self-care, study strategies, note-taking, stress reduction, & more! Get to know your resources and find out how Academic Success Coaching can help you reach your goals!

WORK-LIFE BALANCE
Tuesday, September 10 at 3 PM in the Mussafer Hall Collaboration Room (116)
What is the “right” balance for you at Tulane? Come ready to explore what you want your work-life to look like and think through what it will take to create the balance you want at your TU home. Learn specific strategies for making decisions around how you do or don’t do “it all”.
TEST-TAKING WORKSHOP
Tuesday, September 24 at 12 PM in the Musafer Hall Collaboration Room (116)
Learn skills to reduce anxiety and improve test taking skills. We will focus on test anxiety reduction techniques, the study cycle, how to prioritize your time, and discuss strategies for test taking.

OCTOBER

ATTENTION, TIME, & PRODUCTIVITY
Wednesday, October 2 at 3 PM in the Musafer Hall Collaboration Room (116)
What are you paying attention to? In this workshop we will discuss strategies for focusing our attention, spending our time intentionally, and how to increase overall productivity.

COMMUNICATING WITH PROFESSORS
Thursday, October 17 at 4 PM in the Musafer Hall Collaboration Room (116)
Your professors are a vital resource to your academic success in college. Come learn tips and strategies for making the most of office hours.

MOTIVATION-PROCRASTINATION
Wednesday, October 23, time TBA, in the Musafer Hall Collaboration Room (116)

NOVEMBER

STUDYING/ STUDY STRATEGIES/ NOTE TAKING
Wednesday, November 6 at 5 PM in the Musafer Hall Collaboration Room (116)
Remember, when it comes to studying and preparing for tests, it’s all about working smarter, not harder. Are you studying using strategies that prepare you for exams that assess you at high levels? Study in sprints and, come exam time, surprise yourself with your own recall. Note taking (that works for you) and your learning style are important to know in order to amplify your learning outcomes.

TEAMWORK MAKES THE DREAMWORK: NAVIGATING GROUP PROJECTS
Thursday, November 14 at 4 PM in the Musafer Hall Collaboration Room (116)
Group work can be challenging sometimes, but it doesn’t have to be. In this workshop you’ll learn tips and strategies for overcoming hurdles in collaboration as well as how to maximize each group member’s strengths.

FINALS PREP
Tuesday, November 19 at 12 PM in the Musafer Hall Collaboration Room (116)
Learn skills to improve memory and prepare most efficiently for final exams, individualized for your learning style!