SPRING 2020 WORKSHOP SCHEDULE

EVERY MONTH

Talk TU Us
The first Thursday of every month of the semester at 12 PM the Mussafer Hall Collaboration Room (116)
We all aren’t going out every night. Looking for something more? Find out ways to engage intellectually at Tulane, tell us about your experience and meet like-minded people. If you’re considering transferring, this is a safe space to give us feedback. We can support you in whatever decision you make.

JANUARY

Work-Life Balance
Wednesday, January 15 at 3 PM in the Mussafer Hall Collaboration Room (116)
Work with our Success Coaches to find solutions to better help manage stress, time and personal and professional balance.

Test-Taking Skills Workshop
Tuesday, January 21 at 12 PM in the Mussafer 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.

FEBRUARY

Attention, Time, & Productivity
Wednesday, February 5 at 3 PM in the Mussafer 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.

Studying/ Study Strategies/ Note Taking
Thursday, February 12 at 5 PM in the Mussafer 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.

MARCH

Motivation Station
Wednesday, March 4 at 12 PM, in the Mussafer Hall Collaboration Room (116)
Has procrastination gotten the better of you a time or two? Have you struggled to find the motivation to complete certain assignments? You are far from being the only one! In this workshop we will explore strategies for increasing motivation and how that translates into your academic success.

Communicating With Professors
Thursday, March 26 at 4 PM in the Mussafer 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.
TEAMWORK MAKES THE DREAMWORK: NAVIGATING GROUP PROJECTS  
Tuesday, March 31 at 4 PM in the Mussafer 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.

APRIL

Finals Prep
Thursday November 19 at 1 PM in the Mussafer Hall Collaboration Room (116)
Learn skills to improve memory and prepare most efficiently for final exams, individualized for your learning style!