

Spring 2022 Academic Success Workshops for the Center for Fraternity & Sorority Life

Week 6



Wednesday, May 4 @ 6 p.m.

LEARNING & STRESS & YOU

Your experience matters, and we want to equip you with the information to recognize what you're feeling, how it might show up, and how to support yourself through it. We'll discuss the common themes of grief, anxiety, overwhelm and amplification, share coping strategies, and have time for questions and next steps.

[Register For This Workshop](#)

Week 8



Wednesday, May 18 @ 6 p.m.

TEST PREP & THE SCIENCE OF LEARNING

Preparing for tests can feel daunting, and let's be real – often, we wait until the last minute. It can be effective to begin your test preparation ahead of time, both to harness your brain's strengths and to reduce stress. Join us to learn how your brain works and what it takes for it to truly learn something, and then head off into effective test preparation.

[Register For This Workshop](#)

Week 10



Wednesday, June 1 @ 6 p.m.

Concentration, Distraction & Effective Study Sessions — Finals Edition —

To have an effective study session, you need to be able to concentrate. This isn't new news, but it can be difficult, especially these days. Learn strategies and techniques that can help you work effectively in our current context and succeed in your study sessions as you prepare for finals.

[Register For This Workshop](#)

INFORMATION OF NOTE



Workshops are interactive!

We've designed workshops to engage & connect with you, our audience:

- *Please feel welcome to add to the conversation; when we pose prompts or polls, your responses help us frame content specific to you @ your peers.*
- *If you'd like to share something privately, please send a chat message directly to the facilitator.*

Take care of yourself.

We know screen-time can be fatiguing & that you're juggling a lot.

- *We'll have our videos on @ we love when it works for folks to have their videos on too.*
- *We understand technology can be challenging sometimes; if we can help, let us know!*
- *We get that sometimes folks just need/want to take some space - that's okay to do.*
- *Please listen for invitations to share your thoughts regardless!*

Tell us about your experience.

We'll invite you to take a quick survey at the end - we build this into our time with you.

- *We value your feedback @ use it to make changes moving forward.*
- *The survey doesn't take long, and your responses mean a lot.*

Thank you in advance for your help!



Brought to you by the **Academic Success Center**
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We're excited to work with you!
To request accommodations, or for any questions, please don't hesitate to reach out to Sarah Norek: Sarah.Norek@oregonstate.edu