Fall 2022 Academic Success Workshop Series

Workshops will take place remotely weeks 2 thru 8, and week 10, of the term, on Tuesdays at 3 p.m. and Wednesdays at 10 a.m. (PT).

Read about the topics below and register for the day and time that works for you!

INFORMATION OF NOTE

Workshops are interactive!

- Please feel welcome to share, 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’ve designed workshops to engage & connect with you, our audience.
- We know screen-time can be fatiguing.
- We’ll have our videos on & love when it works for folks to have theirs on too.
- We know technology can be challenging, if we can help, let us know!
- We know sometimes folks need/want to take some space - that’s okay to do.
- Please listen for invitations to share your thoughts - we want to hear from you!

Tell us about your experience.

- 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 success.oregonstate.edu | Waldo Hall 125 541-737-2272 (call) | success@oregonstate.edu

**TOPICS**

**WEEK 2**

**Strategies for Time Management & Combating Procrastination**

Procrastinating is easy, but so is managing your time, once you have a few strategies to work with. Learn about tools and strategies to effectively manage your time, and to manage procrastination, too.

**TUESDAYS**

OCT. 4 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

OCT. 5 @ 10 AM

REGISTER HERE

**WEEK 3**

**Concentration, Distraction & Effective Study Sessions**

To have an effective study session, you need to be able to concentrate. This isn’t new news, but it can be difficult. Learn strategies and techniques that can help you work effectively and succeed in your study sessions.

**TUESDAYS**

OCT. 11 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

OCT. 12 @ 10 AM

REGISTER HERE

**WEEK 4**

**Learning During Times of Stress**

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 overwhelm, fatigue, and burnout, share coping strategies, and have time for questions and next steps.

**TUESDAYS**

OCT. 18 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

OCT. 19 @ 10 AM

REGISTER HERE

**WEEK 5**

**The Writing Process & Time Management**

Writing is a process that takes energy, concentration and time—things we might be running short on these days. Join us to think through steps of the writing process and discuss how to manage time effectively. Together we will explore how to navigate these elements and follow through with a written end-product.

**TUESDAYS**

OCT. 25 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

OCT. 26 @ 10 AM

REGISTER HERE

**WEEK 6**

**Time Management & Study Strategies: From Now to the End of the Term**

It’s halfway through the term. How’s it all going? What’s working, and what’s been a challenge? Join this workshop to ask your questions, hear from your peers, and identify tools and strategies that can support you in your time management and studying for the second half of the term.

**TUESDAYS**

NOV. 1 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

NOV. 2 @ 10 AM

REGISTER HERE

**WEEK 7**

**Motivation – In Concept & Practice**

Motivation is a popular topic – different ways to motivate, what to do when it’s hard to motivate, things that can disrupt motivation, etc. We’ll explore concepts, practice strategies, and identify potential next steps to help us navigate the motivation challenge.

**TUESDAYS**

NOV. 8 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

NOV. 9 @ 10 AM

REGISTER HERE

**WEEK 8**

**Test Prep & the Science of Learning**

Preparing for tests can feel daunting, and let’s be real – often, we wait until the last minute. Beginning your test preparation early can help you harness your brain’s strengths and 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.

**TUESDAYS**

NOV. 15 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

NOV. 16 @ 10 AM

REGISTER HERE

**WEEK 10**

**Concentration, Distraction & Effective Study Sessions - Finals Edition**

To prepare for finals, you need to be able to concentrate. This isn’t new news, but it can be difficult. Learn strategies and techniques that can help you work effectively in your study sessions as you get ready for finals.

**TUESDAYS**

NOV. 29 @ 3 PM

REGISTER HERE

**WEDNESDAYS**

NOV. 30 @ 10 AM

REGISTER HERE