

Fall 2023 Academic Success Workshop Series

Workshops will take place remotely weeks 2 thru 7, and weeks 9 @ 10 of the term. Read about the topics below and register for the day @ time that works for you!

WEEK	TOPICS	OPTION 1	OPTION 2
2	<p>PLANNING TIME AND RE-FRAMING PROCRASTINATION</p> <p>Do you procrastinate? You're not alone. It can happen even with the greatest schedules and the SMARTest goals. In a 10-week term, procrastination can elevate stress levels depending on what work/activity gets prioritized and what deadlines or expectations are put off for something else. Join us to explore planning tools and strategies to get what we need, want, and would rather do, done.</p>	<p>TUES, 10/10 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 10/11 @ NOON</p> <p>REGISTER HERE</p>
3	<p>CONCENTRATION, DISTRACTION & EFFECTIVE STUDY SESSIONS</p> <p>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.</p>	<p>TUES, 10/17 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 10/18 @ NOON</p> <p>REGISTER HERE</p>
4	<p>PERSONAL STATEMENTS</p> <p>Personal statements are an important part of graduate school applications and can often be stressful to draft. Join us as we introduce personal statements, talk through strategies for structure and content, and review a sample statement together. You'll learn about strategies for drafting your own statement and resources to support your writing process.</p>	<p>TUES, 10/24 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 10/25 @ NOON</p> <p>REGISTER HERE</p>
5	<p>LEARNING DURING TIMES OF STRESS</p> <p>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.</p>	<p>TUES, 10/31 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 11/1 @ NOON</p> <p>REGISTER HERE</p>
6	<p>THE WRITING PROCESS & TIME MANAGEMENT</p> <p>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.</p>	<p>TUES, 11/7 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 11/8 @ NOON</p> <p>REGISTER HERE</p>
7	<p>IDENTIFYING PERFECTIONISM & PRACTICING HOW TO UNDO IT</p> <p>A lot of us have perfectionist tendencies that may impact our experiences and choices. So let's talk about it! We'll explore how perfectionism might present itself, how it might impact our progress and increase stress, and strategies we can use to navigate it, begin to undo it, and support our well-being and success.</p>	<p>TUES, 11/14 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 11/15 @ NOON</p> <p>REGISTER HERE</p>
9	<p>MOTIVATION – IN CONCEPT & PRACTICE</p> <p>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.</p>	<p>TUES, 11/28 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 11/29 @ NOON</p> <p>REGISTER HERE</p>
10	<p>TEST PREP & THE SCIENCE OF LEARNING - FINALS EDITION</p> <p>Preparing for finals can feel daunting, and let's be real – at least a few of us wait until the last minute. Planning intentionally for your test preparation can help you harness your brain's strengths and reduce stress. Join us to explore helpful study strategies while considering the time you have available to prepare. Then, head off into your finals prep!</p>	<p>TUES, 12/5 @ 3 PM</p> <p>REGISTER HERE</p>	<p>WED, 12/6 @ NOON</p> <p>REGISTER HERE</p>

INFORMATION OF NOTE

Workshops are interactive!

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

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

- 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