### Workshop 1: Attack Mid-Terms Week with Success  March 16/17

This workshop includes tips on studying, stress management and maintaining a healthy balance between body, mind and soul.

### Workshop 2: Procrastinators Unite... Tomorrow  March 30/31

Always find yourself waiting until the last minute to begin an assignment? This workshop describes what exactly procrastination is and ways to overcome it. Time management techniques are also discussed.

### Workshop 3: “Beast-mode” Every Test  April 6/7

Like anything else, becoming a good test-taker requires preparation, focus and practice. This workshop details the best strategy for test-taking and how to overcome test-anxiety.

### Workshop 4: Say what? Communicate like a Pro  April 13/14

Learning and listening go hand-in-hand. In this workshop you will learn ways to improve your listening skills, memory and note-taking.

### Workshop 5: True Life—I want to be Autodidactic  April 20/21

The most accomplished learners take an active role in seeking knowledge. This workshop dives into the mindset of an active learner, the process of learning, and the potential to teach one's self anything. This workshop also covers what type of learner you are and study tips related to your learning style.

### Workshop 6: Just Do It – Strategize for Success  April 27/28

Have you ever gotten stuck when goal-setting or making a plan of action? This workshop teaches you how to craft SMART objectives/goals to improve your overall academic success. We also confront the hurdles that contribute to making bad decisions and offer practical ways to make the right choices, especially under difficult circumstances.