CSAS Academic and Personal Success Workshops
Spring 2019 Workshops: Part I

**Goal-Setting and Motivation:** January 30, 12:10PM-12:50PM, Zink 226

- Tired of facing unsuccessful goals and a lack of motivation? Learn effective goal-setting strategies, how to commit to your personal goals and dreams, and how to turn your whole life plan into bite-size chunks that will succeed.

**Study Skills:** February 6, 12:10PM-12:50PM, Zink 226

- How do I….work more efficiently? Get more sleep? Prepare better for exams? Write papers without pulling all-nighters? If you have ever asked yourself these questions, come get tips on how to perform better and get more done with less stress.

**Back on Track: How to Get Off Probation:** February 15, 2:10PM-2:50PM, Zink 226

- This workshop will explore the importance of understanding academic policies, help you identify strategies for improving your academic performance, and pinpoint resources available to help you succeed.

**How to Bounce Back After a Low Math Exam Score:** February 20, 12:10PM-12:50PM, Zink 226

- Do you wish you had scored better on your exam? What do you do next? This workshop explores strategies on how to bounce back after a tough exam.

**Mental Health First Aid: Recognize the Signs and Symptoms:** February 27, 12:10PM-12:50PM, Zink 226

*Presented by Kirsten Robertson, Outreach Specialist

- This workshop enables students to recognize the signs and symptoms of mental health issues and learn how to help someone experiencing a mental health crisis.

**Get Involved on Campus to Improve your Student Success:** March 6, 12:10PM-12:50PM, Zink 226

*Presented by Joey O’Neal, Director of Student Activities

- Did you know that getting involved on-campus can actually help increase your GPA? Studies show, the more involved you are on-campus, can help increase your academic success and motivation in college.

For questions, please contact Sarah Wyatt at sarah-wyatt@utulsa.edu or 918-631-3814
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**Time Management: Eliminate the Time-Wasters and Create Solutions:** March 11, 9:10AM-9:50AM, Zink 226

- We all have responsibilities like family, a job, or campus activities added to their daily academic schedule. The competing demands can detract from academic success. Get tips to find balance and lead a successful (vs. stressful) lifestyle.

**Improving Concentration and Focus:** March 27, 12:10PM-12:50PM, Zink 226

- Poor concentration skills can make listening to class lectures or completing homework assignments very difficult. In this workshops, we will examine various causes for concentration difficulties and how to overcome them.

**Tips and Tricks of Resume Building and Networking:** April 3, 12:10PM-12:50PM, Zink 226

*Presented by Leonelle Thompson, Assistant Dean and Director for Business Career Development*

- Come find out the ins and outs of resume building and how to make yours stand out from the crowd. Also learn the ins and outs of effective networking (it’s not just for smooth talkers).

**Dealing with Stress:** April 10, 12:10PM-12:50PM, Zink 226

- College students deal with stress every day—high levels and low levels. Learn how to identify symptoms of stress early and techniques to reduce stress before it becomes unmanageable.

**Conquering Test Anxiety and Test Preparation:** April 16 & 18, 12:10PM-12:50PM, Zink 226

- Test anxiety is worry or fear caused by having to take tests and most students feel some level of anxiety in testing situations. Learn how to keep your anxiety at bay and helpful test preparation techniques to help you ace your final exams!

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