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

Math Study Skills: Getting Started with Good Habits: September 4, 12:10PM-12:50PM, Hardesty Hall, Room 1100.

*Presented by Amy Schachle, Professor of Mathematics

- This workshop will include discussion of study skills specifically for learning math, including effective use of class time, WebAssign, online tools, and tutoring.

Get Involved on Campus to Improve Success: September 11, 12:10PM-12:50PM, Hardesty Hall, Room 1100.

*Presented by Joey Oneal, Associate Director of Student Success

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

Mental Health First Aid: September 18, 12:10PM-12:50PM, Hardesty Hall, Room 1100.

*Presented by Kirsten Robertson, Staff Counselor-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.

Study Skills: September 25, 12:10PM-12:50PM and September 27, 2PM to 2:50PM, Hardesty Hall, Room 1100.

- 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.

Time Management: Eliminate the Time-Wasters and Create Solutions: October 3, 10AM-10:50AM, Hardesty Hall, Room 1100

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

For questions, please contact Bill Ferguson at bill-ferguson@utulsa.edu or 918-631-2331
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Bouncing Back After a Low Math Test Score: October 9, 12:10PM-12:50PM, Hardesty Hall, Room 1100.

*Presented by Amy Schachle, Senior Instructor in Mathematics

- Wish you had scored better on your math exam? What should you do next? How can you improve on your next exam? This workshop explores strategies on how to bounce back after a tough exam.

Tips and Tricks of Resume Building: October 16, 12:10PM-12:50PM, Hardesty Hall, Room 1100.

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

- Come learn the ins and outs of resume building and how to make yours stand out from the crowd.

Effective Networking (Social and in Person): October 23, 12:10PM-12:50PM, Hardesty Hall, Room 1100.

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

- Learn tips for effective networking (it’s not just for smooth talkers) and tools to help you succeed in creating professional connections.

Dealing with Stress: October 30, 12:10PM-12:50PM, Hardesty Hall, Room 1100.

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

Sweet Dreams-The Benefits of Sleep: November 6, 12:10PM to 12:50 PM, Hardesty Hall, Room 1100.

- Insomnia is a common problem among college students, and the physiological process of sleep impacts much of your life. Learn strategies to help you fall asleep and stay asleep, which sleeping apps can be helpful, and how to use sleep to positively impact your academic performance.

Conquering Test Anxiety and Preparing for Exams: November 13, 12:10PM-12:50PM and November 15, 2PM to 2:50PM, Hardesty Hall, Room 1100.

- Test anxiety is worry or fear that occurs before or during testing situations. While most students feel some level of anxiety when taking exams, learning how to keep your anxiety at bay is important. Our workshop can help you learn techniques to conquer your test anxiety and better prepare to ace your final exams!

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