<table>
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<tr>
<th>Workshop</th>
<th>What You’ll Learn</th>
<th>When</th>
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| **Getting Organized** | How to best organize yourself and your course materials for the semester. | Mon. August 29 @ 4PM  
Tuesday, August 30 @ 5PM  
Thursday, September 1 @ 6PM |
| **Time Management** | How to approach prioritizing your commitments using different scheduling strategies. | Tuesday, September 6 @ 5PM  
Thursday, September 8 @ 6PM |
| **Self Care**<br>Presented by the CSU Health Network<br>Sponsored by Year2@CSU | How to take better care of your physical needs (sleep, nutrition, and activities) for overall success. | Mon. September 12 @ 4PM  
Tuesday, September 13 @ 5PM  
Thursday, September 15 @ 6PM |
| **Taking Great Notes** | Learn different styles of note-taking, and how to use your notes for maximum effectiveness. | Mon. September 19 @ 4PM  
Tuesday, September 20 @ 5PM  
Thursday, September 22 @ 6PM |
| **Reading Skills** | How to approach your reading your course material for optimal comprehension and retention. | Mon. September 26 @ 4PM  
Tuesday, September 27 @ 5PM  
Thursday, September 29 @ 6PM |
| **Critical Thinking**<br>Sponsored by Year2@CSU | How to dissect and think through information on a deeper level. | Mon. October 3 @ 4PM  
Tuesday, October 4 @ 5PM  
Thursday, October 6 @ 6PM |
| **High-Impact Learning**<br>Sponsored by the Academic Advancement Center | Use what research says are the best ways to learn and enhance your study habits. | Mon. October 10 @ 4PM  
Tuesday, October 11 @ 5PM  
Thursday, October 13 @ 6PM |
| **Test Anxiety**<br>Presented by the CSU Health Network<br>Sponsored by Year2@CSU | Strategies to calm yourself before exams to boost your confidence. | Mon. October 17 @ 4PM  
Thursday, October 20 @ 6PM |
| **Memory & Concentration**<br>Sponsored by the Center for Community Partnerships | Learn information-recall strategies and how to enhance your ability to focus. | Mon. October 24 @ 4PM  
Tuesday, October 25 @ 5PM  
Thursday, October 27 @ 6PM  
Monday, October 31 @ 4PM  
Tuesday, November 1 @ 5PM  
Thursday, November 3 @ 6PM |
| **Presentation Skills** | Techniques to deliver an effective, eloquent, audience-centered presentation. | |
| **Overcoming Procrastination**<br>Sponsored by the Academic Advancement Center<br>Sponsored by Year2@CSU | Understand why you procrastinate, and learn strategies for changing those habits. | Mon. November 7 @ 4PM  
Tuesday, November 8 @ 5PM  
Thursday, November 10 @ 6PM |
| **Motivation & Goal-Setting**<br>Sponsored by the Academic Advancement Center | How to create short and long-term goals to keep you motivated. | Mon. November 14 @ 4PM  
Tuesday, November 15 @ 5PM  
Thursday, November 17 @ 6PM |

**FALL BREAK: NO WORKSHOPS**

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| **Stress Less**<br>Presented by the CSU Health Network | Learn the causes of stress, its positive and negative effects, and different coping strategies. | Mon. November 28 @ 4PM  
Tuesday, November 29 @ 5PM  
Thursday, December 1 @ 6PM |
| **Final Exam Prep** | Tips for differing exam formats and making the most of your study time. | Mon. December 5 @ 4PM  
Tuesday, December 6 @ 5PM  
Thursday, December 8 @ 6PM |

**Location:** TILT 221  
**Duration:** 50-minutes

No pre-registration required. Just sign-in when you arrive! These workshops are highly interactive so come prepared to write, share, and engage!

**Questions?** Contact Darrie Matthew Burrage at darrie.burrage@colostate.edu or (970) 491-2519

tilt.colostate.edu/learning

Last Updated 8/31