

Student Success Workshops (Fall 2021)

Date	Time	Topic	Location
8/31 T	12 - 1pm	Online Learning Success: <i>Strategies, habits, and attitudes to drive success in the virtual learning space</i>	Bldg 38-608
9/1 W	1:30 - 2:30pm	Online Learning Success: <i>Strategies, habits, and attitudes to drive success in the virtual learning space</i>	BP-3N/WebEx
9/14 T	12 - 1pm	Time Management: <i>Develop self management skills to support school/life balance</i>	Bldg 38-608
9/15 W	1:30 - 2:30pm	Time Management: <i>Develop self management skills to support school/life balance</i>	BP-3N/WebEx
9/22 W	1:30 - 2:30pm	Scholarships: <i>Apply for <u>FREE</u> money to help you finance your education</i>	WebEx
9/28 T	12 - 1pm	Flip Your Math Mindset: <i>Explore techniques to embrace the productive struggle that math can be</i>	Bldg 38-608
9/29 W	1:30 - 2:30pm	Flip Your Math Mindset: <i>Explore techniques to embrace the productive struggle that math can be</i>	BP-3N/WebEx
10/1 F	10 - 11am	Scholarships: <i>Apply for <u>FREE</u> money to help you finance your education</i>	WebEx
10/5 T	12 - 1pm	Managing Stress & Anxiety: <i>Feeling the crunch? Recognize the cues and develop coping skills that work</i>	Bldg 38-608
10/6 W	1:30 - 2:30pm	Managing Stress & Anxiety: <i>Feeling the crunch? Recognize the cues and develop coping skills that work</i>	BP-3N/WebEx
10/12 T	12 - 1pm	Reducing Math Anxiety: <i>Tips and tricks for regulating your anxiety towards mathematics</i>	Bldg 38-608
10/13 W	1:30 - 2:30pm	Reducing Math Anxiety: <i>Tips and tricks for regulating your anxiety towards mathematics</i>	BP-3N/WebEx
10/18 M	1 - 2pm	Mastering School/Life Balance: <i>How to stay on track and make it all work for you</i>	WebEx
10/19 T	12 - 1pm	Building Relationships: <i>Activate the power of relationships with faculty, staff, and peers</i>	Bldg 38-608
10/20 W	1:30 - 2:30pm	Building Relationships: <i>Activate the power of relationships with faculty, staff, and peers</i>	BP-3N/WebEx
10/21 Th	1 - 2pm	Mastering School/Life Balance: <i>How to stay on track and make it all work for you</i>	WebEx
10/26 T	12 - 1pm	Cultivating Resilience: <i>Learning about the power of resilience to thrive in the current climate</i>	Bldg 38-608

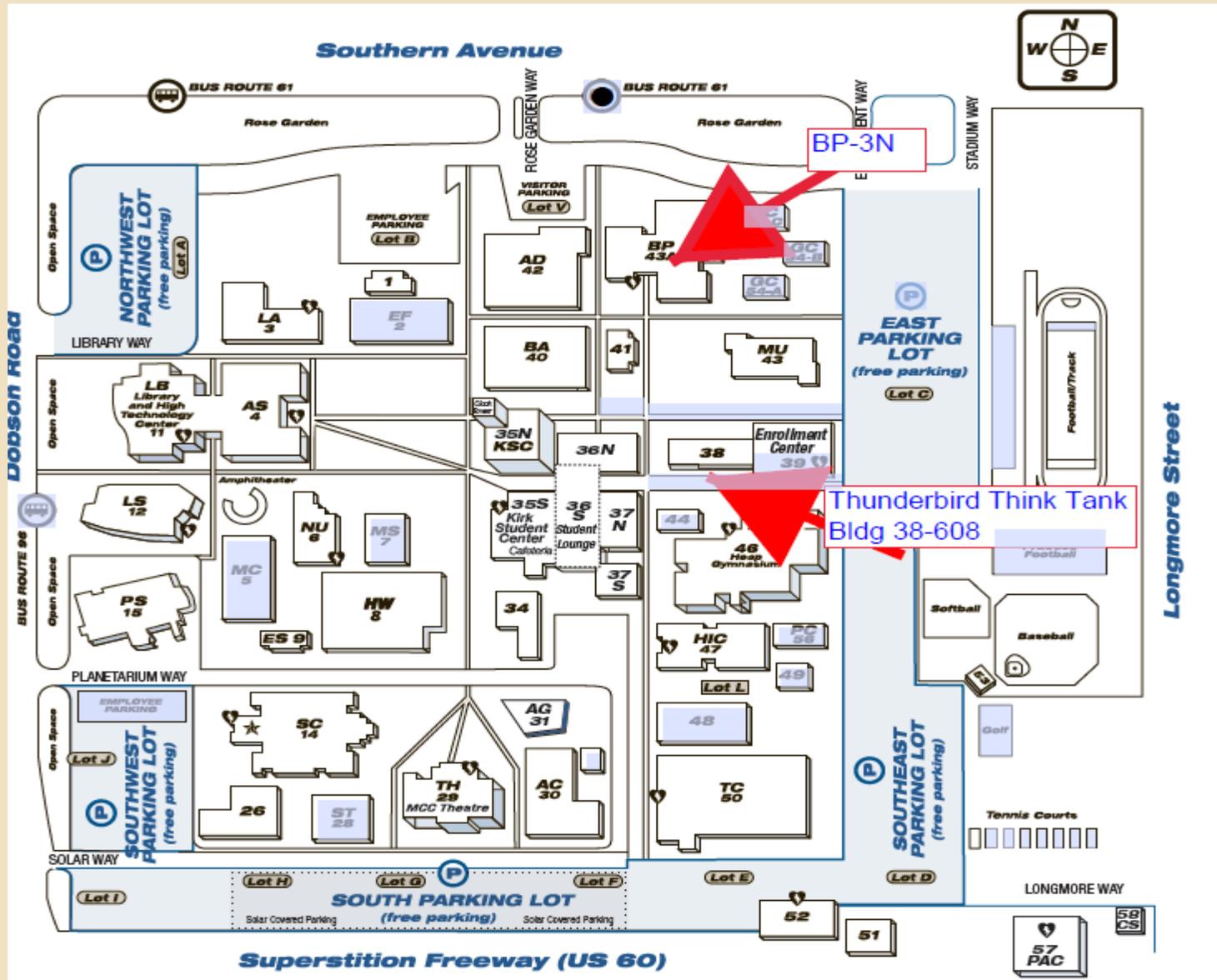
For additional workshops, please visit: <https://www.mesacc.edu/fss/student-success-workshops>

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**FOUNDATIONS FOR
STUDENT SUCCESS**



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