

Student Success “Live Online” Workshops (Spring 2021)

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Date	Time	Topic
1/26 T	12 - 1pm	Online Learning Success: <i>Strategies, habits, and attitudes to drive success in the virtual learning space</i>
1/27 W	10 - 11am	Online Learning Success: <i>Strategies, habits, and attitudes to drive success in the virtual learning space</i>
2/2 T	12 - 1pm	Time Management: <i>Develop self management skills to support school/life balance</i>
2/3 W	10 - 11am	Time Management: <i>Develop self management skills to support school/life balance</i>
2/9 T	12 - 1pm	Test Taking Strategies: <i>Learn effective techniques to do your best on the test</i>
2/10 W	10 - 11am	Test Taking Strategies: <i>Learn effective techniques to do your best on the test</i>
2/16 T	12 - 1pm	Motivate & Engage: <i>Keys to stay focused and proactive with online learning</i>
2/17 W	10 - 11am	Motivate & Engage: <i>Keys to stay focused and proactive with online learning</i>
2/23 T	12 - 1pm	Managing Stress & Anxiety: <i>Feeling the crunch? Recognize the cues and develop coping skills that work</i>
2/24 W	10 - 11am	Managing Stress & Anxiety: <i>Feeling the crunch? Recognize the cues and develop coping skills that work</i>
3/2 T	12 - 1pm	Flip Your Math Mindset: <i>Explore techniques to reduce anxiety and optimize performance</i>
3/3 W	10 - 11am	Surviving College: <i>How to stay resilient and understand your needs</i>

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