

Student Success Workshops (Spring 2022)

Date	Time	Topic	Location
3/22 (T)	12 - 1pm	Student Services Q&A: Time to consult the experts regarding questions about FAFSA, resources, campus services, and much more	WebEx
3/23 (W)	12 - 1pm	Self-care for an A+ Lifestyle: Discussing the need for developing self-care and coping during moments of stress	Bldg 38-608/WebEx
3/28 (M)	12 - 1pm	Self-care for an A+ Lifestyle: Discussing the need for developing self-care and coping during moments of stress	WebEx
3/29 (T)	12 - 1pm	Writing for College Success: Develop writing skills and strategies beneficial for all academic writing	Bldg 38-608/WebEx
3/30 (W)	12 - 1pm	Writing for College Success: Develop writing skills and strategies beneficial for all academic writing	WebEx
4/4 (M)	12 - 1pm	Humor for Dealing with Stress/Life: Talk with humor experts about the role of humor, play, and laughter in these stressful times	WebEx
4/5 (T)	12 - 1pm	Humor for Dealing with Stress/Life: Talk with humor experts about the role of humor, play, and laughter in these stressful times	Bldg 38-608/WebEx
4/12 (T)	12 - 1pm	Shake the Fake: Imposter Syndrome: How to overcome imposter syndrome throughout life	Bldg 38-608/WebEx
4/13 (W)	12 - 1pm	Shake the Fake: Imposter Syndrome: How to overcome imposter syndrome throughout life	WebEx
4/18 (M)	12 - 1pm	Learning with the Brain in Mind: Understand more specifics about the way you learn and how neurodiversity impacts instructor and student success	WebEx
4/22 (F)	12 - 1pm	Learning with the Brain in Mind: Understand more specifics about the way you learn and how neurodiversity impacts instructor and student success	WebEx
4/25 (M)	12 - 1pm	Communication Skills for Success: Overcome barriers to communication by becoming a better speaker, listener, and self-advocate	WebEx
4/26 (T)	12 - 1pm	Communication Skills for Success: Overcome barriers to communication by becoming a better speaker, listener, and self-advocate	Bldg 38-608/WebEx
5/2 (M)	12 - 1pm	EmbrAcing the Final: Test-taking strategies and mindset activities to help you navigate final exam season with success	WebEx
5/3 (T)	12 - 1pm	EmbrAcing the Final: Test-taking strategies and mindset activities to help you navigate final exam season with success	Bldg 38-608/WebEx

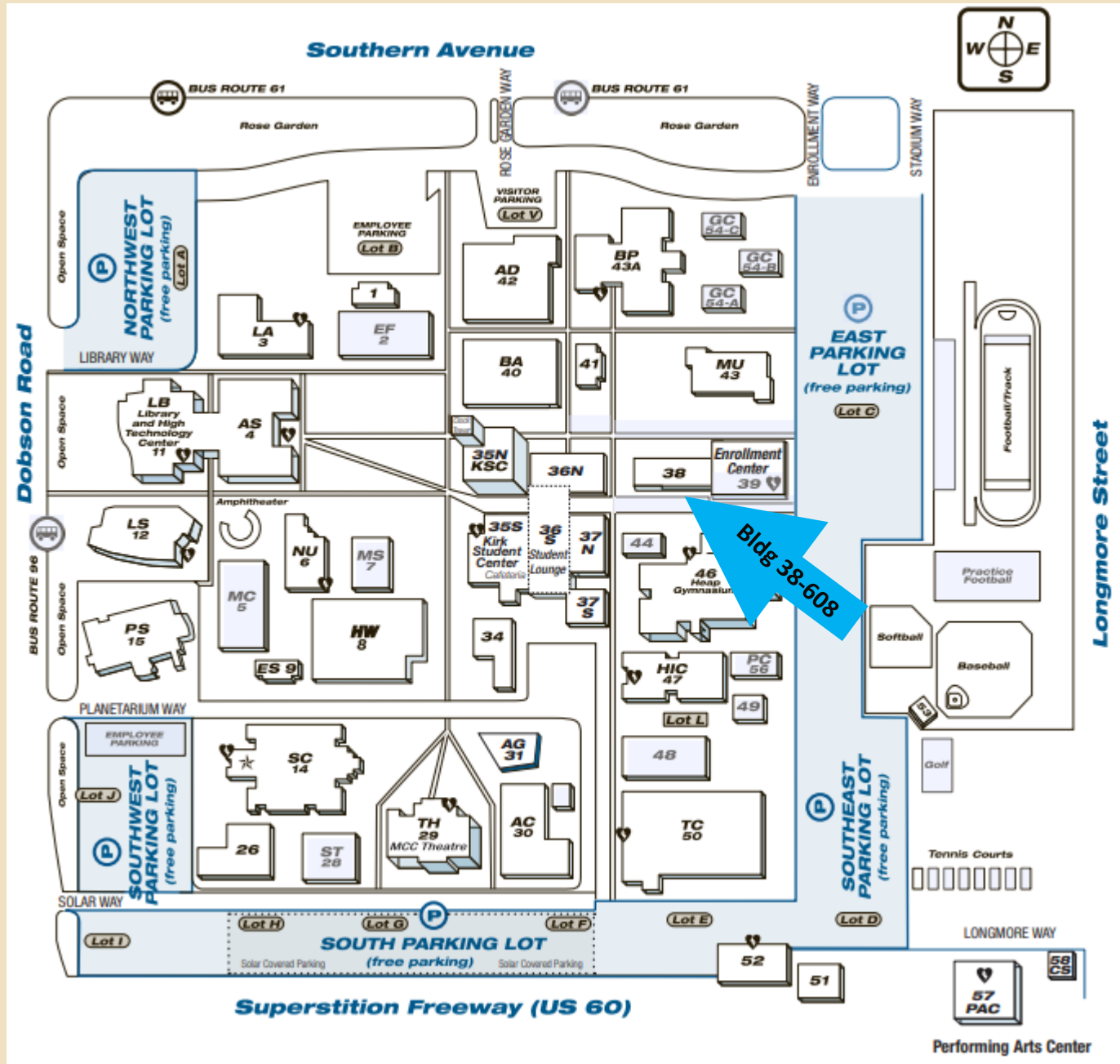
For additional workshops, please visit: <https://www.mesacc.edu/fss/student-success-workshops>

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**FOUNDATIONS FOR
STUDENT SUCCESS**



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