CSAS Academic and Personal Success Workshops
Fall 2018 Workshops: Part I

**Goal-Setting and Motivation:** September 5, 12:10PM-12:50PM, Zink 226
- Tired of facing unsuccessful goals and a lack of motivation? Learn effective goal-setting strategies, how to commit to your personal goals and dreams, and how to turn your whole life plan into bite-size chunks that will succeed.

**Living a Healthy Lifestyle:** September 12, 12:10PM-12:50PM, Zink 226
- Students who participate in this workshop will be able to discuss the importance of making healthy life choices while they are in college and also learn about resources available in the Collins Fitness Center.

**Career Exploration: What Can I Do With This Major?:** September 19, 12:10PM-12:50PM, Zink 226
- Are you undecided on your career path? Don’t know what major to choose? Discover the right path to take, along with learning more about your specific major.

**Identifying Your Learning Style:** September 26, 12:10PM-12:50PM, Zink 226
- Everyone processes information in a different way. Come discover your specific learning style and learn how to best take in new information, solve problems, and organize your study sessions.

**Mastering Time Management:** September 28, 2:10PM-2:50PM, Zink 226
- Learn to recognize and minimize time-wasting activities, refocus on important goals, and make decisions that will help you more successfully manage your time and achieve more effective, efficient results in all areas of your life.

**How to Build Working Relationships with Your Professors:** October 3, 12:10PM-12:50PM, Zink 226
- Why is it important to interact with your professors? Working positively with professors can help lead to more effective studying, increase the probability of receiving a higher grade, and aid in forging career connections. Join us for an interactive discussion of proper etiquette, expectations, and sample questions to ask your professors.
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Funding Your Education: Searching and Applying for Scholarships: October 10, 12:10PM-12:50PM, Zink 226
- Financing the undergraduate experience is becoming more and more difficult. This workshop will give an in-depth overview of scholarship opportunities and how the Financial Aid Office can assist you in obtaining funding.

Study Skills: October 17, 9:10AM-9:50AM, Zink 226
- 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.

Surviving the College Transition: October 19, 12:10PM-12:50PM, Zink 226
- Specifically developed for Freshmen and Transfer Students, come discover the differences between high school and college, and the differences between colleges, and learn strategies to improve your college performance.

Dealing with Stress: October 24, 12:10PM-12:50PM, Zink 226
- College students deal with stress every day- high levels and low levels. Learn how to identify symptoms of stress early and techniques to reduce stress before it becomes unmanageable.

Improving Concentration and Focus: October 31, 12:10PM-12:50PM, Zink 226
- Poor concentration skills can make listening to class lectures or completing homework assignments very difficult. In this workshops, we will examine various causes for concentration difficulties and how to overcome them.

Sweet Dreams: The Benefits of Sleep: November 7, 12:10PM-12:50PM, Zink 226
- Insomnia is a common student problem. The physiological process of sleep impacts everything about you. Learn strategies to help you fall and stay asleep, helpful sleeping apps, how sleep can positively impact academic success.

Conquering Test Anxiety and Test Preparation: November 13 & 15, 12:10PM-12:50PM, Zink 226
- Test anxiety is worry or fear caused by having to take tests and most students feel some level of anxiety in testing situations. Learn how to keep your anxiety at bay and helpful test preparation techniques to help you ace your final exams!

For questions, please contact Sarah Wyatt at sarah-wyatt@utulsa.edu or 918-631-3814