

It's All in the Timing: Organize Your Schedule

Thursday, February 2 3:00 PM Cheshire Community Room

Don't fall prey to surprise assignments or procrastination. Instead, be prepared for academic success with this fun and helpful workshop designed to assist you with time management skills.

Email Management: Rule the Message

Thursday, February 16 3:00 PM Cheshire Community Room Do you miss important information because the flood of information is too much, or you don't have your FP email on your phone? Learn some important tips and tricks to help you stay on top of things. Presented by the DiPietro Library and IT.

Calming Test Anxiety

Thursday, March 23 3:00 PM Cheshire Community Room

This workshop will present helpful information for those who want to maximize test performance and reduce test anxiety. If you study hard but blank out in tests, get overwhelmed or sick before exam, this workshop is for you.

Writing Great Papers: Research & Citation

Thursday, April 6

APA Style 3:00 PM Cheshire Community Room

MLA Style 6:30 PM Cheshire Community Room

Academic writing means being in conversation with texts and sources. Let us help you build your confidence in your ability to quote, paraphrase, and cite correctly. Presented by the Wensberg Writing Center.

Stress Management

Thursday, April 27 3:00 PM Cheshire Community Room Wound up and worn out? Come to this relaxing, experiential workshop. Our Outreach counselors will guide you through fun new methods to help you come back to center and de-stress.

Workshops sponsored by the Center for Academic Excellence
Visit us on the 4th floor of the Library Tower.