

#### Academic Reboot: New Semester, New You

January 24 Wednesday, 6:30 p.m. Ready for a fresh start after some disappointing grades? CAE staff will share tips about bouncing back and forming new habits, and arm you with basic facts about the Academic Standards policy. Student presenters Damian Cook, Jasminn Garcia, and Paige Savage, successful upperclassmen and "come-back kids," will share their experiences and tips for improving grades.

Marulli Welcome Center

## Balance Like an Athlete: Managing Commitments

February 1 Thursday, 6:30 p.m. Whether your obligations are to NCAA sports, rugby, the Gamers club, or a serious Netflix habit, sometimes it's hard to get everything done and show up for all your commitments. Our speakers will inform and motivate you: Men's Soccer Coach Roy Fink, the CAE's athletic-academic coordinator Melinda Neale, and student copresenters with their stories about how they make it all work.

Marulli Welcome Center

## Take Note! Best Practices for Note-taking in College

February 27 Tuesday, 6:30 p.m.

Professor Jess Landis has been helping her FYI and First-Year Comp students maximize their note-taking capabilities and now she will share those strategies with you. Successful upperclassmen will share their experience and advice: including confident Comm major Alisha Saint Ciel.

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## Final Papers & Projects: Five Weeks, Five Steps

March 29 Thursday, 6:30 p.m. Whoa! Are we looking at the last five weeks of school already? The Wensberg Writing Center and student co-presenters will help you plan, prioritize, and get through those assignments step-by-step. Student co-presenters include the straight-talking Eryn Newman, an English, Education double major, and Shinel Nicholas, that early-graduating Anthropology/History/Public History phenom!

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#### Teamwork Makes the Dream Work

April 12 Thursday, 3 p.m. Group work and collaboration—professors love it, employers need it, and let's be honest, sometimes you dread it. Join Doug Carty, Director of Raven Recreation, and our faculty co-presenter for some experiential learning to make collaboration fun and meaningful. Dress comfortably so you can move around. Successful third-year students co-present, including Tim Marsh, friendly Bubble worker and resident brainiac.

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# Stress-Busters: Keep Calm So You Can Carry On

April 25 Wednesday, 6:30 p.m.

Back by popular demand, counselors from our Outreach Department will tell you about stress and stress reduction, and guide you through fun and relaxing activities that will make you feel better and can aid in academic focus. Student co-presenter Felicia Lord will tell you about what she does to stay chill, even during final exams.

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