



FALL 2019 WORKSHOPS FOR ACADEMIC SUCCESS  
Sponsored by the Center for Academic Excellence  
WE'RE HERE TO HELP!

**Academic Reboot: New Semester, New You**

**Thursday, September 5**

**6:30 pm; Marulli Lounge, Peterson Hall**

Ready for a fresh start after a previous academic disappointment? You're not alone. CAE staff and student presenters will share tips and encouragement about starting over and forming new habits. Our student presenters, successful upperclassmen and "come-back kids," will share their experiences and advice for improving grades. Come for the academic help or for the free iced coffee.

**The Unwritten Rules of College**

**Wednesday, September 18**

**6:30 pm; Marulli Lounge, Peterson Hall**

The "rules" of successful college life may be unwritten, but they are not a secret! Let us help you crack the code for this new academic culture you have chosen to join at Franklin Pierce University. Learn from successful upperclassmen what it takes to survive and thrive as a college student. While this workshop will be especially helpful to first-year students, students of all years are warmly invited to come and contribute to the conversation. Hear first-hand how our student presenters navigated their way to a successful start at Franklin Pierce. You don't have to figure it all out on your own. Refreshments courtesy of FPU's Alumni & Parent Relations office.

**Know Your Resources Trivia Contest**

**Tuesday, October 8**

**6:30 pm; Marulli Lounge, Peterson Hall**

Sure, you kind of know where everything is on campus by now, but we want you ready to make a bee-line to the best help whenever you have a question or problem. Come enjoy some iced tea, compete for prizes and test your knowledge of useful people and departments on campus. Learn who to ask for assistance and when they can help you. This workshop is student-designed and student facilitated by CAE Graduate Assistant Emily Quinn '18 and CAE Student Manager Emily Kramer '22 (aka E<sup>2</sup>).

**Study Strategies for Tests and Exams**

**Wednesday, November 6**

**6:30 pm; Marulli Lounge, Peterson Hall**

Do you struggle with studying for certain types of exams—or stress out about all of them? Professor Shallee Page has been there. He earned degrees in biochemistry and is here to share what he's learned in his years as a student and as an instructor. This workshop will help you identify study strategies that work for you. Preparing for exams can be a challenging and demanding task. Identify how you currently study for exams, think about your learning preferences and create personalized study methods.

**Stress Management with Therapy Dogs**

**Wednesday, December 4**

**6:30 pm; Marulli Lounge, Peterson Hall**

Are you worried, rushed or stressed? Come spend time with our popular therapy dogs brought by Monadnock Therapy Pets, and check out our additional information and activities for stress reduction. Student co-presenters will be on hand to provide activities and tell you about what they do to stay chill, even during the last two weeks of the semester. You will walk away feeling more focused and calm, ready to take on final exams and projects.

**NEW THIS SEMESTER: The CAE ANSWERS Workshop Series**  
**Center for Academic Excellence, Library 4th Floor**

The CAE's Student Accessibility Services office will present a workshop series about succeeding academically at Franklin Pierce with a learning difference or disability. Presentations are open to all students—you do not need to be registered with Accessibility Services nor have had an identified diagnosis or condition to attend and learn.

- Accommodations: Who, What, Where, How and Why
  - Know Your ADD/ADHD
  - ASD (Autism Spectrum Disorder) and College
  - LD: Learning Disabilities or Learning Differently?
  - Succeeding with Neurodiversity
- Mon 9/9/19 1:00 pm **OR** Thu 9/12/19 3:30 pm  
 Mon 9/23 1:00 pm **OR** Thu 9/26 3:30 pm  
 Mon 10/7 1:00 pm **OR** Thu 10/10 3:30 pm  
 Mon 10/21 1:00 pm **OR** Thu 10/24 3:30 pm  
 Mon 11/11 1:00 pm **OR** Thu 11/14 3:30 pm

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