



SPRING 2020 WORKSHOPS FOR ACADEMIC  
SUCCESS Sponsored by the Center for Academic  
Excellence WE'RE HERE TO HELP!

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

**Thursday, January 30**

**Manage Like An Athlete**

**Tuesday, February 18**

**Self-Care SOS (Science Of Sleep)**

**Thursday, March 5**

**Find Your for Five**

**Tuesday, April 14**

**Stress Management & Therapy Dogs**

**Wednesday, May 6**

(603) 899-4107 | [academicexcellence@franklinpierce.edu](mailto:academicexcellence@franklinpierce.edu) | Library, 4<sup>th</sup> Floor (Tower)