

2019 SPRING WORKSHOPS



GET CENTERED ON ACADEMIC SUCCESS

Healthy Habits: New Semester, New You

January 31
Thursday
6:30 p.m.

Ready for a fresh start this semester? Our staff and student presenters will share tips and their experience on how they stay in the best shape to succeed—physically, mentally, and emotionally. Come for information and encouragement to bring your best self to the Spring 2019 semester! Featuring therapist Nicole Newell from Franklin Pierce University's Outreach Education and Counseling office, and student co-presenters.

Marulli
Lounge,
Peterson
Manor

Know Your Resources Trivia Contest

February 12
Tuesday
6:30 p.m.

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 free snacks and test your knowledge of the people and departments on campus that assist you and when to ask them for help. Featuring CAE Graduate Assistant Emily Quinn '18, and Emily Kramer '22.

Marulli
Lounge,
Peterson
Manor

Communication and Leadership Skills for Gen Z

March 7
Thursday
7 p.m.

Yes, Gen Z and millennial students can get along with their Baby Boomer instructors! Coach McKillop and Eric MacKinnon have teamed up to offer an interactive and useful session that will teach you fresh techniques for looking and doing well IRL—in the classroom and in your future workplace. Students, faculty, and staff are welcome. Featuring Assistant Athletic Director and Women's Basketball Head Coach, Prof. Jen McKillop, and CAE Athletic Academic Coordinator and Assistant Men's Basketball Coach Eric MacKinnon, with student co-presenters.

Cheshire
Community
Room,
Cheshire
Hall

Save My Semester

April 3
Wednesday
6:30 p.m.

To provide assistance to any student who does not meet his or her academic goals at midterm time, we offer a "Save My Semester" workshop. This session will focus on helping you set goals, develop an action plan, and provide tips on improving academic skills. Presented by the Business Division's straight-shooting, creative problem-solving Professor Bill Costa, CAE staff, and student co-presenters.

Marulli
Lounge,
Peterson
Manor

Goal-Setting Gets It Done

April 18
Thursday
6:30 p.m.

What can test-driving tandem bikes and watching videos of downhill skiing teach you about how to reach your own heights of academic success? Come and find out! The instructors at the Crotched Mountain Accessible Recreation and Sports (CMARS) program say, "We can get anyone back on the mountain," and their success stories will inspire every learner. This hands-on and informational workshop with a panel of professionals from CMARS will show you how they use communication, collaboration, and goal-setting to teach and support their clients to overcome obstacles and tap into their inner daredevils.

Marulli
Lounge,
Peterson
Manor

Stress Management with Therapy Dogs

May 8
Wednesday
6:30 p.m.

This one is good for you *and* fun! Come spend time with the popular therapy dogs brought by Monadnock Therapy Pets, and check out our additional information and student-run activities for stress management in the "Serenity Room." Petting an animal is research-proven to lower the physiological and mental effects of stress. That means you will walk away feeling more focused and calm, ready to win on final exams and projects. Featuring Monadnock Therapy Pets, CAE staff, and student co-presenters.

Marulli
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Peterson
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