



# SPRING 2026 ACADEMIC OUTREACH PROGRAMMING

## STUDENT ACADEMIC RESOURCE CENTER

### ACADEMIC SUCCESS WORKSHOP

### DATE/TIME/PLACE

#### START STRONG: SEMESTER SUCCESS KICKOFF

This workshop is designed to help you hit the ground running. Discover how to make the most of your syllabi, map out your semester to anticipate busy weeks, and apply practical strategies that will keep you organized, confident, and on track from day one.

**Tuesday, February 3rd**  
**11:00 AM – 11:50 AM**  
**Zoom**

#### LEVEL UP YOUR STUDY SKILLS: PROVEN STRATEGIES FOR COLLEGE COURSES

In this workshop, you'll dive into active, research-based study techniques proven to help college students thrive. You'll discover practical methods to make your study sessions more efficient, improve your ability to retain information, and build confidence when tackling difficult courses.

**Wednesday, February 18th**  
**2:00 PM – 2:50 PM**  
**Zoom**

#### ORGANIC CHEMISTRY I: FROM CONFUSION TO CLARITY

This workshop breaks down complex concepts into manageable parts, helping you understand why behind what. Learn proven strategies for mastering mechanisms, organizing information, and recognizing patterns that make organic chemistry more intuitive.

**Wednesday, February 25th**  
**3:00 – 3:50 PM**  
**Zoom/TCH151**

#### THRIVING ACADEMICALLY AS AN INTERNATIONAL STUDENT

This interactive session equips international students with the essential skills to succeed in U.S. classrooms by combining cultural awareness, academic English strategies, time management, test preparation, and collaborative learning techniques.

**Tuesday, March 3rd**  
**1:00 – 1:50 PM**  
**Zoom/TCH238**

#### MIND OVER MATTER: ACADEMIC RESILIENCE AND MOTIVATION

This interactive session will help you build resilience and maintain motivation throughout the semester. Learn how to reframe challenges as opportunities and practice mindfulness to stay grounded.

**Monday, March 9th**  
**2:00 – 2:50 PM**  
**Zoom**

#### READY, SET, REVIEW: FINAL EXAM PREP THAT WORKS

This interactive workshop will show you how to create an effective study plan, review actively, manage your time, and stay focused when it matters most. Whether you're behind, overwhelmed, or just want to improve your approach, this session will help you walk into your finals feeling ready to succeed.

**Thursday, April 22nd**  
**2:00 – 2:50 PM**  
**Zoom/TCH151**

**Log into Penji and join the event to access a workshop!**

#### CONTACT US:

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