



SUMMER 2026 ACADEMIC OUTREACH PROGRAMMING

STUDENT ACADEMIC RESOURCE CENTER

ACADEMIC SUCCESS WORKSHOP	DATE/TIME/PLACE
<p>SURVIVING SUMMER B: 6 STRATEGIES FOR 6 WEEKS</p> <p>Gain practical tools to manage the fast pace of a 6-week semester. Learn how to create an academic calendar, prioritize tasks by urgency and importance, and apply study techniques for accelerated courses. The workshop also addresses maintaining focus, developing self-care routines, and utilizing UCF resources proactively.</p>	<p>Thursday, June 25th 3:00 PM - 3:50 PM <u>Zoom</u></p>
<p>STUDY SMARTER: MASTERING ACTIVE RECALL AND SPACED REPETITION</p> <p>Discover evidence-based learning strategies that improve retention, understanding, and long-term academic success. explore why active recall is more effective than passive techniques like re-reading and highlighting, and learn how spaced repetition can help you retain information throughout a fast-paced 6-week course.</p>	<p>Wednesday, July 8th 3:00 - 3:50 PM <u>Zoom</u></p>
<p>GROWTH MINDSET: CHANGE YOUR MINDSET, CHANGE YOUR SUCCESS</p> <p>The workshop explores how thoughts and beliefs affect academic performance, motivation, and well-being. Learn to identify limiting beliefs, differentiate between fixed and growth mindsets, and develop strategies to balance mental health with academic responsibilities.</p>	<p>Monday, July 20th 11:00 AM - 11:50 AM <u>Zoom</u></p>
<p>MANAGING BURNOUT AND MOTIVATION DURING FINALS</p> <p>Learn how to recognize the early signs of burnout and understand the difference between stress and academic burnout. You will explore practical strategies for rebuilding motivation, regaining momentum, and creating a sustainable study plan that supports both academic success and personal well-being during finals.</p>	<p>Thursday, July 23rd 2:00 PM - 2:50 PM <u>Zoom</u></p>

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

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SUCCESS WORKSHOPS?
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