



FALL 2026 ACADEMIC OUTREACH PROGRAMMING STUDENT ACADEMIC RESOURCE CENTER

ACADEMIC SUCCESS WORKSHOP

DATE/TIME/PLACE

Start Strong: Plan Your Semester for Success

A successful semester starts with a solid plan. In this interactive workshop, students will learn how to organize their course schedules, prioritize assignments, and create a realistic study routine using syllabi and digital planning tools. Participants will leave with a personalized semester action plan to help them stay organized and reduce last-minute stress.

Thursday, September, 17th
4:00 - 4:50 PM
Zoom

The Science of Studying Smarter

Studying longer doesn't always mean learning more. This workshop introduces evidence-based study strategies that improve understanding and long-term retention. Students will explore techniques such as active recall, spaced repetition, and effective note review while learning how to replace common ineffective study habits with proven methods.

Tuesday, September 22nd
4:00 - 4:50 PM
TCH102 & Zoom

Study Smarter with AI

Artificial intelligence can be a valuable academic tool when used responsibly. This workshop demonstrates how students can use AI to support learning through brainstorming, creating study guides, explaining complex concepts, and practicing exam questions while maintaining academic integrity. Participants will also learn strategies for evaluating AI-generated information and avoiding common pitfalls.

Wednesday, October 7th
2:00 - 2:50 PM
Zoom

Midterm Reset: Recover, Refocus, and Finish Strong

Whether midterms went as planned or not, there's still time to finish the semester strong. Students will reflect on their academic progress, identify what's working, and develop an action plan for improving performance during the remainder of the semester. The workshop also highlights campus resources that can support academic success.

Wednesday, October 13th
2:00 - 2:50 PM
TA222 & Zoom

Beat Procrastination & Stay Motivated

Everyone procrastinates sometimes, but understanding why it happens can help students take control of their time. This workshop explores the psychology behind procrastination and introduces practical strategies for improving focus, managing distractions, breaking large assignments into manageable tasks, and building sustainable study habits throughout the semester.

Wednesday, October 28th
4:00 - 4:50 PM
Zoom

Final Exam Success: Create Your Winning Review Plan

Preparing for final exams doesn't have to mean cramming. This workshop helps students develop an organized review schedule, prioritize course material, and apply effective exam preparation strategies. Participants will also learn techniques for managing test anxiety, maintaining motivation, and balancing studying with self-care during finals season.

Tuesday, November 17th
1:00 - 1:50 PM
TCH 201 & Zoom

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

CONTACT US:

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