

## Student Success Workshops - Spring 2024

For questions, contact Sheri Groesbeck, [sgroesbeck@nwacc.edu](mailto:sgroesbeck@nwacc.edu)

**NOTE: Registration is OPTIONAL.** If you'd like to do so, [register here](#).

Date	Time /Place	Topic
1/12, Friday	7 pm-8 pm TEAMS	<b>How to College 101</b> New to college or returning after a break? This workshop will help you start the semester strong by reviewing resources, Canvas, time management strategies, and much more. <a href="#">Click here to join the meeting</a>
1/19, Friday	11 am-12 pm TEAMS	<b>How to College 101</b> New to college or returning after a break? This workshop will help you start the semester strong by reviewing resources, Canvas, time management strategies, and much more. <a href="#">Click here to join the meeting</a>
1/26, Friday	1:30 pm-2:30 pm TEAMS	<b>What is a Syllabus?</b> Why is a syllabus important to your success as a college student? We'll explore what a syllabus includes, how review it for resources/key information and how to make it beneficial to you. <a href="#">Click here to join the meeting</a>
2/2, Friday	1:30 pm-2:30 pm TEAMS	<b>Time Management and Avoiding Procrastination</b> Do you have a plan to get things done and avoid procrastination? We will explore practical and effective strategies for managing your time well. <a href="#">Click here to join the meeting</a>
2/9, Friday	1:30 pm-2:30 pm TEAMS	<b>Active Listening Strategies</b> If you find yourself daydreaming during class or study time or easily getting off-task, this workshop is for you. Active Listening is a communication skill and is one of the most important skills you can possess. <a href="#">Click here to join the meeting</a>
2/16, Friday	1:30 pm-2:30 pm TEAMS	<b>Notetaking and Study Skills</b> Not all notetaking styles are created equal. Explore different notetaking styles and discover which one is best suited for your learning style. <a href="#">Click here to join the meeting</a>
2/23, Friday	1:30 pm-2:30 pm TEAMS	<b>Test Prep and Strategies to Avoid Test Anxiety</b> Is test anxiety frustrating your efforts and getting in the way of your success? Learn how to get past your test anxiety and get closer to your academic goals. <a href="#">Click here to join the meeting</a>
3/1, Friday	1:30 pm-2:30 pm TEAMS	<b>Avoiding Burnout and Overcoming Failure</b> College-level work overwhelming you? Explore easy ways to organize and stay on top of your assignments, so you can free up your mind for more focused activities...like learning! <a href="#">Click here to join the meeting</a>

3/8, Friday	1:30 pm-2:30 pm TEAMS	<p><b>Self-Care and Mental Health</b></p> <p>Join us for a visit form NWACC's Counseling and Wellness department to explore ways to deal with stress, anxiety, depression and much more.</p> <p><a href="#">Click here to join the meeting</a></p>
3/15, Friday	1:30 pm-2:30 pm TEAMS	<p><b>Personal Finance for College Students</b></p> <p>Building a solid financial life is a marathon, not a race, so how can you get started as a college student in carefully managing your money? We will discuss simple strategies to follow a budget and manage your money.</p> <p><a href="#">Click here to join the meeting</a></p>
4/5, Friday	1:30 pm-2:30 pm TEAMS	<p><b>Avoiding Burnout and Overcoming Failure</b></p> <p>College-level work overwhelming you? Explore easy ways to organize and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!</p> <p><a href="#">Click here to join the meeting</a></p>
4/12, Friday	1:30 pm-2:30 pm TEAMS	<p><b>Time Management and Procrastination</b></p> <p>Do you have a plan to get things done and avoid procrastination? We will explore practical and effective strategies for managing your time well.</p> <p><a href="#">Click here to join the meeting</a></p>
4/26, Friday	1:30 pm-2:30 pm TEAMS	<p><b>Finish Strong</b></p> <p>You've made it this far, so how can you finish the semester successfully? We will explore how to tackle the final push of the semester.</p> <p><a href="#">Click here to join the meeting</a></p>
5/3, Friday	1:30 pm-2:30 pm TEAMS	<p><b>Finish Strong</b></p> <p>You've made it this far, so how can you finish the semester successfully? We will explore how to tackle the final push of the semester.</p> <p><a href="#">Click here to join the meeting</a></p>