<table>
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<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<tr>
<td>3</td>
<td><strong>Learning Styles:</strong> Learning How to Learn! Fleming 170, 1-2pm</td>
<td>4 Getting your time in order: SMART planning! Fleming 170, 12:30-1:30pm</td>
<td>5 Academic Coaching: Walk in Time for YOU! Fleming 190, 12-3pm</td>
<td>6 It’s Test-Time! Get Test Ready Fleming 170, 3:30-4:30pm</td>
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<td></td>
<td>End Writer’s Block Fleming 170, 5-6pm</td>
<td><strong>The Top 5 Habits of Successful Students</strong> Fleming 170, 5-6pm</td>
<td>7 Procrastination Busters Fleming 170, 1-2pm</td>
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<td><strong>Getting your time in order: SMART planning!</strong> Fleming 170, 1-2pm</td>
<td>11 Tips &amp; Hints: How to Study More Efficiently (or, 'more bang for your buck') Fleming 265A, 4-5pm Fleming 170, 5-6pm</td>
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<td><strong>Getting the best out of Group Study</strong> Fleming 265A, 1-2pm</td>
<td>18 Getting your time in order: SMART planning! Fleming 265A, 5-6pm</td>
<td>19 Academic Coaching: Walk in Time for YOU! Fleming 190, 12-3pm</td>
<td>20 The Secrets of Successful Test Preparation CUE-C4C-N320, 12:30-1:30pm</td>
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### Tips & Hints: How to Study More Efficiently (or, 'more bang for your buck')
Fleming 170, 1-2pm

### Getting the best out of Group Study
Fleming 265A, 4-5pm

### Academic Coaching: Walk in Time for YOU!
Fleming 190, 12-3pm

### Getting your time in order: SMART planning!
Fleming 170, 3:30-4:30pm

### Academic Research Skills Workshop at Norlin
Norlin E303, 3-4pm

### Procrastination Busters
Fleming 265A, 5-6pm

### Yoga for Every Student (yes, that's YOU!)
Kittredge N100, 12:30-1:30pm

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**ALL WORKSHOPS ARE OPEN TO ALL CU STUDENTS!**

What to expect from each Workshop:

**Academic Coaching: Walk in Time for YOU!**
- Need help with . . . .
  - Note taking strategies
  - Exam-taking strategies
- Getting started on a research paper
- Balancing academics & rest of life/time management
  - And more! Drop-in for 1-to-1 assistance

**Academic Research Skills Workshop at Norlin**
- Is the thought of researching at the Library daunting? Do you wish to expand your research skills past Google? We invite you to this informative, approachable workshop. Just for you.

**End Writer's Block**
- The scariest thing you may see this year is a blank white page. But there’s no need to fear! This workshop will teach you how to get started and follow through on papers professors want to read!
- Seth Myers, Ph.D. Has been teaching college writing for 10 years. Now an instructor at CU Boulder, Seth also edits Knowing Words, the textbook for CU first-year writing classes.

**Getting the best out of Group Study**
- Do you like to study in a group? Do you not? Either ways you can come in and understand the workings of group study and get tips to make the most out of it!
Getting your time in order: SMART planning!
You have had a few weeks to get acquainted with the work load from your classes.
Whether you already feel overwhelmed or you simply want to get a smart plan to make sure you stay on top of things; this workshop is for you!!
Bring your syllabi...walk out with a plan that works for you!!

It’s Test-Time! Get Test Ready
Nervous for the first tests of the semester? Need test taking tips? Join us in this hour long session and we will do our best to get you mentally prepared for your tests

Learning Styles: Learning How to Learn!
Do different learning styles/methods really help? Personalized study tips just for you! Identify your best way to learn in this workshop and we provide you with the best study tips based on how you learn

Procrastination Busters
Is procrastination getting in the way of your academic success? Increase your motivation and take action-today! Practical ideas. Real advice.

The Secrets of Successful Test Preparation
If you have taken tests and have not done as well as you thought you should have, please join us in this informative workshop. We will help you identify the essential test prep skills, what to focus on, and how to best accomplish your goals.

The Top 5 Habits of Successful Students
What does it really take to be successful? The key to becoming an effective student is to learn how to study smarter, learn to get more ‘bang for your buck’ (or your time!)

Tips & Hints: How to Study More Efficiently (or, 'more bang for your buck')
Study Tips on point. Get it right when you study by attending this hour long session on study skills and techniques!

Yoga for Every Student!
There is more evidence daily on how stress effects learning. Take the step to learn how to use yoga and meditation to increase your ability to handle the stresses of being a student. Wear clothes you can move in; Bring your own mat, or borrow one of ours.

Student Academic Success Center: Fleming 190, 303-492-8761 skills@colorado.edu
Save a space for you- preregister at: http://www.colorado.edu/sasc/workshops
Wish to request a workshop for your group? http://www.colorado.edu/sasc/workshops