



# CSES TOOLS FOR ACADEMIC SUCCESS (TAS) WORKSHOPS FALL 2017

Think you don't have enough time for a workshop? With time-saving tips and results-focused strategies, you can't afford not to come. The Fall Semester **TAS Workshops Tuesday** schedule is outlined below. If you are unable to attend a workshop that interests you, please email us at [success@msmary.edu](mailto:success@msmary.edu) so we can provide the livestream link with the information that was presented during the workshop. The Tools for Academic Success Workshop Tuesday Series (**TAS**) goal is to increase students' learning strategies and study skills with the end result of demonstrating more effective classroom learning. These workshops are presented by campus faculty and administrators.

## Fall 2017 TAS Schedule

<p><b><i>From High School to College: New Expectations</i></b></p> <p><b>Aug. 22, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>College is a vastly different experience from high school. Does that make it better or worse? Only you can be the judge. Everyone gets the pre-college jitters during the countdown to move-in day and orientation. Your teachers have said college would be harder than high school, but how hard? We all know college is different from high school, but exactly how different?</p>
<p><b><i>There's never enough time! Finding the Right Time Management Tools</i></b></p> <p><b>Aug. 29, 4-5pm</b> <b>Nov. 28, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>I'm Late, I'm Late, I'm Always Late! Attend this workshop to learn how to deal with procrastination and how to manage your schedule and your priorities so you can do it all.</p>
<p><b><i>Starting Out Right: Becoming the Best Version of Self: Do you know your 5 top strengths? Do you know your Learning Style?</i></b></p> <p><b>Sept. 5, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>You are unique. You are powerful. Your strength lies in your talents. StrengthsFinder tells you how you're talented. This online assessment identifies what you naturally do best through customized results that name your unique talents. It shows you how you're special and how to succeed by turning your talents into strengths. This workshop will also help you understand the way you learn so that you become a more effective student. You will discover if you are an auditory, kinesthetic, or visual learner and learn some study tips related to your specific learning style.</p>
<p><b><i>Steady Your Nerves!: Tips for Tackling Test Anxiety</i></b></p> <p><b>Sept. 12, 4-5pm, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>Do you panic each time a test is approaching? Does your mind go blank when that sheet of questions is placed in front of you? If so, please join us for some practical tips and strategies on how to prevent and handle test anxiety as well as techniques for how to approach tests overall.</p>
<p><b><i>Why do I have to write that down? Effective Note-taking Tips</i></b></p> <p><b>Sept. 19, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>Are you having trouble taking notes in a particular class? Do you feel that your notes are too confusing? This workshop will help you with ideas on how to take more effective notes that will help you learn and retain information.</p>

<p><b><i>Don't Lose Those Points! Keys to Classroom Participation and Success</i></b></p> <p><b>Sept. 26, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>What you believe about yourself as a learner is very important. Be an active learner and gain more control over the learning experience and grow in confidence and success. We will discuss several ways to increase classroom engagement and to earn those participation points.</p>
<p><b><i>Remember What You Read: Efficient Reading Strategies for the Overwhelmed Mount Student</i></b></p> <p><b>Oct. 3, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>Are tall, unread stacks of books a growing concern for you this semester? Would you like to know how to read more effectively for your courses? This talk will give you tools to help you manage that tall stack of books.</p>
<p><b><i>Conquering the Test: Building Better Test Taking Skills</i></b></p> <p><b>Oct. 17, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>This workshop will teach you how to tackle every aspect of test taking so you can ace your next exam.</p>
<p><b><i>Studying Skills for Foreign Languages</i></b></p> <p><b>Oct. 31, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>Are you in the beginning or intermediate level of learning a language? Studying a new language can be a lot different than other subjects and requires different ways to study and prepare for quizzes and tests. We'll discuss the best strategies to do this so that you can be successful in your language courses.</p>
<p><b><i>Effective Research Strategies: How to Find Relevant, Scholarly Sources</i></b></p> <p><b>Nov. 7, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>Learn how to identify scholarly sources, navigate the library's search features and databases, and learn about the research services available to you.</p>
<p><b><i>Mindfulness for Success: Mindfully Tune into What's Happening in Class!</i></b></p> <p><b>Nov. 14, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>Practice self-care which has proven to reduce stress, increase focus, and lead to greater creativity and communication. Keep calm and practice mindfulness.</p>
<p><b><i>There's never enough time! Finding the Right Time Management Tools</i></b></p> <p><b>Nov. 28, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>I'm Late, I'm Late, I'm Always Late! Attend this workshop to learn how to deal with procrastination and how to manage your schedule and your priorities so you can do it all.</p>
<p><b><i>Coping Strategies/Self Care: Taking Care of Yourself So You Can Take Care of Business</i></b></p> <p><b>Dec. 5, 4-5pm</b> <b>Laughlin Auditorium</b></p>	<p>This workshop will focus on both positive and negative components of stress and teach students ways and reasons for incorporating self-care strategies to help boost energy and motivation during stressful times – like finals!</p>
<p><b><i>A Taste of Majors</i></b></p> <p><b>Oct. 20, 11am-1pm</b> <b>Patriot Hall</b></p>	<p>Join us for delicious conversation with faculty and students from different majors and sample various possibilities.</p>



Register for workshops on My Mount Hub