



TUESDAYS 5:30 - 6:30 pm THURSDAYS 6:00 - 7:00 pm
TILT ROOM 221

**Starting
semester
strong**

Sep, 3 / Sep, 5

**Taking
effective
notes**

Sep, 10 / Sep, 12

**Active
reading
strategies**

Sep, 17 / Sep, 19

**Study
smart, not
hard!**

Sep, 24 / Sep, 26

**Time
management
in college**

Oct. 1 / Oct. 3

**Public
speaking
strategies**

Oct. 8 / Oct. 10

**Critical
thinking &
study tips**

Oct. 15 / Oct. 17

**Apps
for
school**

Oct 22. / Oct. 24

**Should I go
to grad
school?**

Oct 29 / Oct. 31

**Campus
resources
for your
academics**

Nov. 5 / Nov 7

**Managing
procrastination**

Nov 12 / Nov. 14

**Memorization
Techniques**

Nov. 19 / Nov. 21

**Final exam
study prep**

Dec 3 / Dec 5

**Managing
stress and
test anxiety**

Dec 10 / Dec 12



WORKSHOP DESCRIPTIONS

1. STARTING SEMESTER STRONG

Join as we discuss an overview of different academic strategies to start your semester strong. We will cover how to actively take notes, speed reading, building classroom relationship with instructors and organization tactics.

2. TAKING EFFECTIVE NOTES

This workshop will teach students how to be practical in taking useful notes that will serve as a study guide, learn how to be concise and stay organized when taking notes, and understand what it means to be an active listener.

3. ACTIVE READING STRATEGIES

Get more out of your reading assignments by learning how to become an efficient & critical reader. Join us as we learn retention techniques to do before, during and after reading assignments. Save time by learning to be a strategic reader.

4. STUDY SMART, NOT HARD!

Join us as we learn specific ACTIVE LEARNING STRATEGIES that are most effective for learning and retaining materials. We get it, midterm stress is high with so little time to study everything. This workshop will teach students how to study efficiently by using the Science of Learning model to increase understanding beyond the classroom.

5. TIME MANAGEMENT IN COLLEGE

Do you have too much to do and not enough time? Learn how to prioritize your schedule and make the most out of your time. Walk away learning time management tips and how to maximize your day juggling school, work, and life.

6. PUBLIC SPEAKING STRATEGIES

In this workshop, we will discuss how to create a dynamic presentation, increase engagement with the audience, learn strategies managing nervousness and most importantly make it fun!

7. CRITICAL THINKING AND STUDY TIPS

The 50-minute crash course workshop will teach you the benefits of mastering your critical thinking skills. We will discuss what it means to be a critical and creative thinker, learn how to apply Blooms Taxonomy into your studying and increase learning retention.

8. USEFUL APPS FOR SCHOOL

Come learn about different assistive technology devices and online apps for academic success! Our guest speaker will demo Apple and Android apps that can help you stay on top of your readings, take notes, increase productivity, and more!

9. SHOULD I GO TO GRAD SCHOOL?

Interested in going to graduate school but not sure if it's for you? Have questions about what you should be doing as an undergrad to get ready, the application process, graduate school expectation and more? Join us as our guest speaker share their knowledge and resources in your journey to grad school.

10. CAMPUS RESOURCES FOR YOUR ACADEMICS

Curious about how many FREE academic resources are available to you at CSU? Ever wondered if there is a tutoring program for your class? Would you like to know more about the Student Case Management, the Student Disability Center and other similar offices that can support you in your academics? This workshop will cover campus resources specifically to help with your academics here at CSU.

11. MANAGING PROCRASTINATION

Is it possible to be born as a procrastinator? Is procrastination curable? Will we ever find a title? Who knows! But, we have created this fun workshop to teach you how to develop healthy daily habits and overcome the urges of procrastination.

12. MEMORIZATION TECHNIQUES

In this workshop, we will spend time identifying different memorization techniques and understand what makes a study strategy effective, practical and supported by research as a retention method to increase learning.

13. FINAL EXAM STUDY TIPS

Develop a plan to finish the semester strong! Needing a quick active learning study strategies, time management tips, and exam preparation techniques? This workshop is here to serve you as your quick resource guide heading to final exam week.

14. MANAGING STRESS AND TEST ANXIETY

This workshop will teach students how to be practical in taking useful notes that will serve as a study guide, learn how to be concise and stay organized when taking notes, and understand what it means to be an active listener.

*Also, check out our Well-being Wednesday Workshop schedule
(Wed 4:30 - 5:30 pm in TILT Room 221)*

NO pre-registration is required.
Open to all students.

**FOR MORE WORKSHOP/INFORMATION VISIT:
TILT.COLOSTATE.EDU/LEARNING/TILTWORKSHOPS/**