



The Office of Academic Support & Disability Resources
Center for Student Success and Engagement
Spring 2021 Drop-In Workshops

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STUDY SKILLS ZONE

Establishing College Success Habits

When: Thursday 1/28/21 at 3:30 pm

Description: Students can build on their knowledge of methods, strategies, and resources for success. This workshop will help students to ring in the new year with new habits, offering an opportunity to learn how to start and end each day without presentation and more organization. Students will make a New Year's Resolution to SET A GOAL and invest in their success.

Campus Resources

When: Monday 2/1/21 at 6:00pm

Description: This workshop will offer students an opportunity to navigate the campus through a scavenger hunt to learn about the resources that MCLA has to offer for support to build successful habits for sustainability.

Exam Game Plan

When: Wednesday 2/17/21 at 6:00pm & Thursday 2/18/21 at 12pm

Description: This workshop will help students develop an effective approach to studying and preparing for various types of tests while managing emotions under pressure, staying focused and maintaining proper sleep.

Motivation, Success, and You

When: Monday 3/15/21 at 11:0am

Description: This powerful workshop will examine the dynamics of motivation to help students be more participatory, goal-oriented and make connections to real life.

Self-Care – Filling Your Cup

When: Tuesday 3/30/21 at 3:30pm

Description: This workshop is designed to introduce the concept of self-care and wellness and avoid letting their health fall by the wayside, allowing academics to overshadow good and bad health habits. Students will examine how physical health and nutrition connect directly to one's mental health, effective study habits, and regular sleep patterns.

Stress Management for Academic Success

When: Monday 4/5/21 at 1:00pm

Description: Students are empowered to take greater control of stress levels through the use of techniques such as guided meditation and positive affirmation while gaining an understanding of the physiological reasons why managing stress is critical to one's personal (and academic) well-being. Students will identify the biggest challenge they are having right now with reducing stress in their college life.

How to Plan for Finals

When: Tuesday 4/13/21 at 12:00pm

When: Thursday 4/15/21 at 12:00pm & at 5:00pm

Description: This workshop will offer strategies and techniques to ace the test and avoid procrastination. Students will learn to manage emotions under pressure and build their final exam week schedule that allows for proper sleep, nutrition and a positive attitude.