

Fall 2024 Student Success Workshops

For more info, Contact Sheri Groesbeck, sgroesbeck@nwacc.edu or success@nwacc.edu

8/23, Friday	TEAMS ONLINE 10-11am	<p>How to College 101</p> <p>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.</p> <p><u>Join the meeting now</u></p> <p>Meeting ID: 269 213 002 698</p> <p>Passcode: xRBBGu</p>
8/23, Friday	Teams ONLINE 7-8pm	<p>How to College 101</p> <p>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</p> <p><u>Join the meeting now</u></p> <p>Meeting ID: 240 351 991 190</p> <p>Passcode: C9FAyB</p>
8/23, Friday	TEAMS ONLINE 11am-12pm	<p>What is a Syllabus?</p> <p>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</p> <p><u>Click here to join the meeting</u></p>
8/30, Friday	TEAMS 11am-12pm	<p>Time Management and Avoiding Procrastination</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><u>Click here to join the meeting</u></p>
9/6, Friday	TEAMS 11am-12pm	<p>Active Learning Strategies</p> <p>If you find yourself Active daydreaming during class or study time or easily getting off-task, this workshop is for you. Active Learning is a communication skill and is one of the most important skills you can possess.</p> <p><u>Click here to join the meeting</u></p>
9/13, Friday	TEAMS 11am-12pm	<p>Notetaking and Study Skills</p> <p>Not all note-taking styles are created equal. Let's explore different note-taking styles and discover which one is best suited for your learning style.</p>

		Click here to join the meeting
9/20, Friday	TEAMS 11am-12pm	<p>Test Prep and Test Anxiety</p> <p>Is test anxiety frustrating your efforts and getting in the way of your success? Learn how to get past your test anxiety and closer to your academic goals</p> <p>Click here to join the meeting</p>
9/27, Friday	TEAMS 11am-12pm	<p>Avoiding Burn out and Overcoming Failure</p> <p>College-level work overwhelming you? We will explore easy ways to get organized and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!</p> <p>Click here to join the meeting</p>
10/4, Friday	TEAMS 11am-12pm	<p>Self-Care and Your Mental Health</p> <p>Join us for a visit from NWACC's Counseling and Wellness department to explore ways to deal with stress, anxiety, depression and much more</p> <p>Click here to join the meeting</p>
10/11, Friday	TEAMS 11am-12pm	<p>Personal Finance for College Students</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 help you follow a budget and manage your money.</p> <p>Click here to join the meeting</p>
10/18, Friday	TEAMS 11am-12pm	<p>Avoiding Burn out and Overcoming Failure</p> <p>College-level work overwhelming you? We will explore easy ways to get organized and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!</p> <p>Click here to join the meeting</p>
10/25, Friday	TEAMS 11am-12pm	<p>Time Management and Avoiding Procrastination</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>Click here to join the meeting</p>
11/1, Friday	TEAMS 11am-12pm	<p>Self-Care and Your Mental Health</p> <p>Join us for a visit from NWACC's Counseling and Wellness department to explore ways to deal with stress, anxiety, depression and much more</p> <p>Click here to join the meeting</p>
11/8, Friday	TEAMS 11am-12pm	<p>Avoiding Burn out and Overcoming Failure</p> <p>College-level work overwhelming you? We will explore easy ways to get organized and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!</p> <p>Click here to join the meeting</p>

11/15, Friday	TEAMS 11am-12pm	Test Prep and Test Anxiety Is test anxiety frustrating your efforts and getting in the way of your success? Learn how to get past your test anxiety and closer to your academic goals Click here to join the meeting
11/22, Friday	TEAMS 11am-12pm	Finish Strong 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 Click here to join the meeting
12/6, Friday	TEAMS 11am-12pm	Finish Strong 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 Click here to join the meeting

Workshop Descriptions

How to College 101

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.

What is a Syllabus?

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.

Time Management and Avoiding Procrastination

Do you have a plan to get things done and avoid procrastination? We will explore practical and effective strategies for managing your time well.

Active Learning Strategies

If you find yourself daydreaming during class or study time or easily getting off-task, this workshop is for you. Active Learning **is one of the** most important skills you can possess.

Notetaking and Study Skills

Not all note-taking styles are created equal. Let's explore different note-taking styles and discover which one is best suited for your learning style.

Test Prep and Test Anxiety

Is test anxiety frustrating your efforts and getting in the way of your success? Learn how to get past your test anxiety and closer to your academic goals.

Avoiding Burn out and Overcoming Failure

College-level work overwhelming you? We will explore easy ways to get organized and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!

Self-Care and Your Mental Health'

Join us for a visit from NWACC's Counseling and Wellness department to explore ways to deal with stress, anxiety, depression and much more.

Personal Finance for College Students

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 help you follow a budget and manage your money.

Finish Strong

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.