Spring 2018 DIY Workshops
Hosted by The Academic Success Center & The Office of First-Year Experience

Want to learn to de-stress, master your time, make epic goals, take awesome notes and more? Be in the know of what to do and what not to do while in college to master your college experience. **ALL WORKSHOPS ARE FREE TO UL STUDENTS!**

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<thead>
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<th>January 2018</th>
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<th>March 2018</th>
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<tr>
<td><strong>Wed. 1/17</strong> 2pm - 3pm</td>
<td><strong>Mon. 2/5</strong> 10am - 11am</td>
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<td><strong>Thurs. 1/18</strong> 3pm - 4pm</td>
<td><strong>Tues. 2/6</strong> 1pm - 2pm</td>
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**January 2018**
- **Wed. 1/17** 2pm - 3pm | **Note-Taking Strategies** | Jason Delahoussaye | MDD 111
- **Thurs. 1/18** 3pm - 4pm | **Work-Life Balance** | Reko Hargrave | MDD 310
- **Mon. 1/22** 2pm - 3pm | **Keep Calm & Read the Textbook (the right way)** | Jami Rush | MDD 111
- **Tues. 1/23** 3pm - 4pm | **Work-Life Balance** | Reko Hargrave | MDD 310
- **Wed. 1/24** 2pm - 3pm | **Note-Taking Strategies** | Jason Delahoussaye | MDD 111
- **Thurs. 1/25** 11am - 12pm | **Study Smarter, Not Harder** | Adriana Joseph | MDD 111
- **Mon. 1/29** 2pm - 3pm | **Procrastination** | Kelee Roddy | FGM 105
- **Tues. 1/30** 3pm - 4pm | **Work-Life Balance** | Reko Hargrave | MDD 310
- **Wed. 1/31** 2pm - 3pm | **Reading for Understanding** | Jason Delahoussaye | MDD 111

**February 2018**
- **Mon. 2/5** 10am - 11am | **Top 5 Ways to Manage Your Time** | Rachel Boguille | MDD 111
- **Tues. 2/6** 1pm - 2pm | **Tips for Effective Goal Setting** | Adriana Joseph | MDD 111
- **Wed. 2/7** 1pm - 2pm | **Keep Calm & Read the Textbook (the right way)** | Jami Rush | MDD 111
- **Wed. 2/7** 2pm - 3pm | **Reading for Understanding** | Jason Delahoussaye | MDD 111
- **Tues. 2/20** 2pm - 3pm | **Your Money, Your Debt!** | Lana Rodriguez | MDD 111
- **Wed. 2/21** 10am - 11am | **Study Smarter, Not Harder** | Adriana Joseph | MDD 111
- **Thurs. 2/22** 2pm - 3pm | **How to Give a Good Presentation** | Kelee Roddy | FGM 105
- **Mon. 2/26** 2pm - 3pm | **I Failed a Test, Now What??** | Jami Rush | MDD 111
- **Tues. 2/27** 2pm - 3pm | **Procrastination** | Kelee Roddy | FGM 105
- **Wed. 2/28** 2pm - 3pm | **Stress Relief 101** | Rachel Boguille | MDD 111

**March 2018**
- **Mon. 3/5** 11am - 12pm | **Tips for Effective Goal Setting** | Adriana Joseph | MDD 111
- **Mon. 3/26** 2pm - 3pm | **I Failed a Test, Now What??** | Jami Rush | MDD 111
- **Tues. 3/27** 3pm - 4pm | **Work-Life Balance** | Reko Hargrave | MDD 310
- **Wed. 3/28** 1pm - 2pm | **What Happens If I Fail a Class?** | Jessie White | FGM 105
- **Thurs. 3/29** 3pm - 4pm | **Work-Life Balance** | Reko Hargrave | MDD 310

**April 2018**
- **Tues. 4/10** 1pm - 2pm | **The Rules of Netiquette** | Adriana Joseph | MDD 111
- **Wed. 4/11** 10am - 11am | **Stress Relief 101** | Rachel Boguille | MDD 111
- **Mon. 4/16** 3pm - 4pm | **College: The Middle Years** | Reko Hargrave | MDD 310
- **Tues. 4/17** 2pm - 3pm | **How to Give a Good Presentation** | Kelee Roddy | FGM 105
- **Wed. 4/18** 2pm - 3pm | **Stress Relief 101** | Rachel Boguille | MDD 111
- **Thurs. 4/19** 11am - 12pm | **What Happens If I Fail a Class?** | Jessie White | MDD 111
- **Tues. 4/24** 3pm - 4pm | **College: The Middle Years** | Reko Hargrave | MDD 310