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| **Seminars**  |
| **Finding your Groove: In Person Learning at College** | Wednesday, September 8 @ 4 pm | You’re finally here! Or Welcome Back! If it’s your first time learning in person in college, you might be nervous about what to expect in the college classroom. Many people everywhere- students and employees are nervous about re-adjusting to in person learning and work. Yes, we’ve done it before, but it’s been awhile. Join us to learn (or review) some of the ‘norms’ in college classrooms and what’s expected of us outside of the classroom. We’ll also discus some strategies for handling the stress and anxiety of adjusting to a new/new-ish environment while also re-adjusting to in person learning.  |
| **Talking to Professors: How and Why** | Thursday, September 9 @ 5 | Talking to professors is hard, and is something many students avoid. There are countless reasons why we should talk to our professors, but sometimes that doesn’t make it any easier. This seminar will talk about many of the reasons it is a great idea to talk to your professors, and how to approach it, even giving some specific ideas of what to say.  |
| **Your Best Friend, Your Syllabus** | Monday, September 13 @ 5 | So much of what you need to be successful in a class is in the syllabus, but they are all different and all contain a lot of information. This seminar will cover the parts of your syllabus, the hidden treasures, and how to make it easier to use.  |
| **Time Management A-Z** | Tuesday, September 14 @ 4 | Time management is tough for everyone, but it isn’t just about scheduling. Learn about managing competing priorities, keeping your time organized, and staying on track. |
| **Plan for Success** | Thursday, September 16 @ 5 | When making a study plan it’s not just about time, but managing and planning tasks as well. This seminar will help you determine a study schedule that works for you and balances your priorities. We’ll also discuss breaking down larger assignments to fit more easily and efficiently into your available time.  |
| **Instructor Feedback; Treasure Chest of Success** | Tuesday, September 21 @ 4 | Receiving and seeking instructor feedback is one of the most valuable building blocks for your success in college. Sure, it’s not always positive feedback, or a fun experience- but there’s always something you can take away. We’ll talk about how to use feedback you receive (good or not!) how to accept feedback you weren’t accepting. We’ll also talk about why it’s helpful to seek out feedback, and how to do that.  |
| **Putting Off Procrastination**  | Wednesday, September 22 @ 5 | Procrastination can throw the best organization off track and derail an entire semester very quickly. Procrastination leads to anxiety, sloppy and rushed work, and impacts academic performance. Learn tips and tricks for putting off procrastination and keeping your plans on track.  |
| **All About Exams; Prep, Strategies, and Anxiety** | Thursday, September 30 @ 4  | From this seminar you’ll learn how to prepare for tests, strategies while taking a test, how to manage the anxiety so many of us feel before, during, and after an exam, and what you should be doing after the test. |
| **Stress and Sleep** | Monday, October 4 @ 5 | Stress and lack of sleep can really impact our grades and health. Stress effects sleep quality which effects how we handle stress. Get tips on how to balance stress AND get enough sleep! |
| **Rebounding from Midterm Grades** | Wednesday, October 20 @ 4Thursday, October 21 @ 4 Tuesday, October 26 @ 4Wednesday, October 27 @ 5 | Sometimes even when we work hard, our grades aren’t what we expected. Midterm grades are a preview, so you can adjust where necessary. At this seminar, you’ll learn how to do that- even when you feel like giving up. |
| **Putting Off Procrastination**  | Monday, November 1 @ 5 | Procrastination can throw the best organization off track and derail an entire semester very quickly. Procrastination leads to anxiety, sloppy and rushed work, and impacts academic performance. Learn tips and tricks for putting off procrastination and keeping your plans on track.  |
| **Plan for Success** | Monday, November 8 @ 4 | When making a study plan it’s not just about time, but managing and planning tasks as well. This seminar will help you determine a study schedule that works for you and balances your priorities. We’ll also discuss breaking down larger assignments to fit more easily and efficiently into your available time. |
| **Time Management A-Z** | Tuesday, November 9 @ 5 | Time management is tough for everyone, but it isn’t just about scheduling. Learn about managing competing priorities, keeping your time organized, and staying on track. |
| **Stress and Sleep** | Wednesday, November 17 @ 4 | Stress and lack of sleep can really impact our grades and health. Stress effects sleep quality which effects how we handle stress. Get tips on how to balance stress AND get enough sleep! |
| **What Do Grades Really Mean?** | Thursday, November 18 @ 5 | It can be overwhelming to understand how those letters turn into numbers to form your semester GPA, even worse how multiple semester GPA’s create your cumulative. Adding in courses worth different numbers of credits or retaking classes, it seems impossible. This seminar will not only cover the ‘what’ of GPA, but also they ‘why’ and ‘how’. Why is it important NOW and how even a little change can have a big impact. |
| **Reach the Finish Line: Making a Study Plan for Finals** | Tuesday, November 30 @ 4 | When making a study plan it’s not just about time, but managing and planning tasks as well. In this seminar you will learn to break down a study plan that works for you to get you ready for finals and end of semester assignments. |
| **All About Exams; Prep, Strategies, and Anxiety** | Monday, December 6 @ 5 | From this seminar you’ll learn how to prepare for tests, strategies while taking a test, how to manage the anxiety so many of us feel before, during, and after an exam, and what you should be doing after the test.Findi |
| **Crash Course Webinars, Available on OAS Website or** [**https://bit.ly/30OcDon**](https://bit.ly/30OcDon) |
| **Managing Priorities** | Balancing work for every class and everything else can seem overwhelming. Learn how to figure out what’s most important, and supercharge your to-do lists with prioritizing strategies. |
| **Create a Plan for Success** | When making a study plan it’s not just about time, but managing and planning tasks as well. This seminar will take a hands on approach to helping you figure out a study plan that works for you. |
| **Stress & Sleep: Taking Time to Breath and Catch Some Zzz’s** | Stress and lack of sleep can really impact our grades and health. Stress effects sleep quality which effects how we handle stress. Get tips on how to balance stress AND get enough sleep! |
| **Taking Advantage of Your Learning Style & Strengths** | Some people learn best by reading, others by doing, and many other ways. This interactive seminar will help you determine how you learn best and how to use that to your advantage. |
| **Breaking Down Studying Myths** | Learn the truth about studying, and the dark side of common studying myths. The truth is everyone learns differently, uncover strategies that work for you by understanding the myths and the truth.  |
| **All About Exams; Prep, Strategies, and Anxiety** | Learn how to prepare for tests, strategies while taking a test, how to manage the anxiety so many of us feel before, during, and after an exam, and what you should be doing after the test. |
| **Talking to Professors: How & Why** | Talking to professors is easy and helpful! This Crash Course is an overview of some reasons to talk to your professors, and how to approach it, even giving some specific ideas of what to say. |
| **Project Management** | Breaking down assignments and papers can make them easier to complete and less overwhelming. This is also great for managing multiple papers, exams, or projects for various classes. |
| **Apps & Academics** | Learn about apps and other tech that can make college easier; get organized, stay on top of deadlines, and study. We’ll also cover some of the common technology productivity ‘traps’. |
| **Stop Procrastinating** | Procrastination can throw the best organization off track, it leads to anxiety and impacts academic performance. Learn tips and tricks for putting off procrastination and keeping your plans on track.  |
| **Test Anxiety** | A deep dive into how to avoid and conquer test anxiety. From pre-test jitters to posttest regret, we’ll talk about preparation strategies, mindfulness, and self-soothing and re-focusing techniques to use during exams.  |
| **Email & Communication Etiquette** | You may not be surprised to find out how much stress this causes most students. Learn some helpful tips and feel assured that you are communicating with faculty and classmates in a professional way. |
| **Getting & Staying Organized** | Organize your time, your space, and your supplies to make the most of your time and energy. |
| **Managing Distractions** | Distractions can be frustrating, let’s talk about what distractions you can anticipate and how to overcome them. |