OFF ON THE RIGHT FOOT: Our first workshop of the semester will help you begin your ascent into academic success.

- **Thursday, February 11** » Don’t Get Lost, Read the Signs: Textbook Reading and Note-Taking (Communication Building #16, Room 236, 5:00-6:00pm)

TRAIL MIX FOR TRAIL-BLAZING: This series of skills-based workshops is designed to nourish your mind and sharpen your tools as you trek toward midterms.

- **Tuesday, February 16** » Plot Your Course: Time Management (Comm. Building #16, Room 236, 5:00-6:00pm)
- **Wednesday, February 17** » Eyes on the Prize: Midterm Preparation (Comm. Building #16, Room 304, 6:00-7:00pm)
- **Thursday, February 18** » Fill the Fanny Pack: Test-Taking Strategies (Comm. Building #16, Room 236, 5:00-6:00pm)
- **Tuesday, February 23** » Elevate Your Writing (Comm. Building #16, Room 236, 5:00-6:00pm)
- **Wednesday, February 24** » Lower Your Heart Rate: Test Anxiety & Stress Management (Comm. Building #16, Room 304, 6:00-7:00pm)

RECOVERY AND REHYDRATION: The midterm peak is behind you, but the journey isn’t over. These workshops will help boost your energy, morale, and savvy, so you’re strong enough for the next challenge.

- **Tuesday, March 8** » Don’t Get Lost, Read the Signs: Textbook Reading and Note-Taking (Comm. Building #16, Room 236, 5:00-6:00pm)
- **Wednesday, March 9** » Plot Your Course: Time Management (Comm. Building #16, Room 304, 6:00-7:00pm)
- **Tuesday, March 29** » Elevate Your Writing (Comm. Building #16, Room 236, 5:00-6:00pm)
- **Wednesday, March 30** » Triangulate Your Location: Three Ways to Be a Better Student (Comm. Building #16, Room 304, 6:00-7:00pm)

UP TO THE TOP: The end is in sight, but life’s gotten steeper. Push ahead with these workshops in order to conquer your final week.

- **Tuesday, April 19** » Lower Your Heart Rate: Test Anxiety & Stress (Comm. Building #16, Room 236, 5:00-6:00pm)
- **Wednesday, April 20** » Race to the Top: Finals Preparation (Comm. Building #16, Room 304, 6:00-7:00pm)
- **Thursday, April 21** » Race to the Top: Finals Preparation (Comm. Building #16, Room 236, 5:00-6:00pm)
- **Tuesday, April 26** » Fill the Fanny Pack: Test-Taking Strategies (Comm. Building #16, Room 236, 5:00-6:00pm)

*Questions? Want to sign up? Call the Student Learning Centers at 928-523-5524*