

Academic Success Workshops Fall 2020

Join us online at <https://tinyurl.com/masonworkshops>

Workshop	Date	Day	Time
Academic Survival for Finals	November 18, 2020	Wednesday	4:30pm-5:45pm
College Reading Strategies	September 17, 2020	Thursday	9:00am-10:15am
	October 22, 2020	Thursday	10:30am-11:45am
	November 17, 2020	Tuesday	3:00pm-4:15pm
Exam Strategies	August 20, 2020	Thursday	3:00pm-4:00pm
	August 21, 2020	Friday	1:00pm-2:00pm
	September 23, 2020	Wednesday	4:30pm-5:45pm
	November 2, 2020	Monday	1:30pm-2:45pm
How to Study for Online Courses	November 19, 2020	Thursday	3:00pm-4:15pm
	September 9, 2020	Wednesday	4:30pm-5:45pm
	October 20, 2020	Tuesday	10:30am-11:45am
Improving Concentration	September 3, 2020	Thursday	1:30pm-2:45pm
	October 15, 2020	Thursday	3:00pm-4:15pm
	November 23, 2020	Monday	10:30am-11:45am
Learning How to Learn	August 20, 2020	Thursday	1:00pm-2:00pm
	August 21, 2020	Friday	11:00am-12:00pm
	August 31, 2020	Monday	10:30am-11:45am
	October 16, 2020	Friday	9:00am-10:15am
Managing Academic Anxiety	September 28, 2020	Monday	1:30pm-2:45pm
	November 5, 2020	Thursday	10:30am-11:45am
	December 2, 2020	Wednesday	6:00pm-7:00pm
Memory Strategies	September 1, 2020	Tuesday	6:00pm-7:00pm
	October 27, 2020	Tuesday	1:30pm-2:45pm
	November 30, 2020	Monday	3:00pm-4:15pm
Motivation & Goal Setting	September 15, 2020	Tuesday	12:00pm-1:15pm
	October 21, 2020	Wednesday	4:30pm-5:45pm
	November 11, 2020	Wednesday	4:30pm-5:45pm
Note Taking during Class	September 8, 2020	Tuesday	10:30am-11:45am
	September 30, 2020	Wednesday	4:30pm-5:45pm
	November 4, 2020	Wednesday	4:30pm-5:45pm
Overcoming Procrastination	September 14, 2020	Monday	3:00pm-4:15pm
	October 7, 2020	Wednesday	6:00pm-7:00pm
	October 16, 2020	Friday	1:30pm-2:45pm
Perfectionism	August 24, 2020	Monday	3:00pm-4:15pm
	October 8, 2020	Thursday	12:00pm-1:15pm
Project Management	October 30, 2020	Friday	10:30am-11:45am
Scheduling & Time Management	August 20, 2020	Thursday	2:00pm-3:00pm
	August 21, 2020	Friday	12:00pm-1:00pm
	August 26, 2020	Wednesday	4:30pm-5:45pm
	September 22, 2020	Tuesday	3:00pm-4:15pm
	October 5, 2020	Monday	3:00pm-4:15pm
	November 13, 2020	Friday	1:30pm-2:45pm
	Science & Math Study Strategies	August 27, 2020	Thursday
	October 1, 2020	Thursday	3:00pm-4:15pm
Sleep Better	September 25, 2020	Friday	1:30pm-2:45pm
	October 12, 2020	Monday	1:30pm-2:45pm
	October 28, 2020	Wednesday	12:00pm-1:15pm
What is ADD/ADHD?	October 2, 2020	Friday	1:30pm-2:45pm