

Academic Success Workshops Summer 2025

ADHD Study Hacks

July 10 Thu 3:00pm-4:15pm
 Aug 21 Thu 3:00pm-4:15pm

Memory Strategies

Jul 2 Wed 3:00pm-4:15pm
 Aug 5 Tues 10:30am-11:45am

College Culture & Readiness

Aug 22 Fri 1:30pm-2:45pm

Metacognition

July 3 Thu 1:30pm-2:45pm

College Reading Strategies

Jun 2 Mon 1:30pm-2:45pm
 Jul 16 Wed 3:00pm-4:15pm

Motivation and Goal Setting

May 30 Fri 10:30am-11:45am
 Aug 15 Fri 1:30pm-2:45pm

Exam Strategies

Jun 25 Tues 1:30pm-2:45pm
 Aug 11 Mon 10:30am-11:45am

Note Taking During Class

Jun 11 Tues 3:00pm-4:15pm
 July 24 Wed 12:00pm-1:15pm

Focus Better

Jun 5 Fri 1:30pm-2:45pm
 Jul 7 Mon 10:30am-11:45am

Overcoming Procrastination

Jun 16 Mon 3:00pm-4:15pm
 July 18 Fri 12:00pm-1:15pm

How to Study for Online Courses

Jun 25 Wed 12:00pm-1:15pm

Scheduling and Time Management

June 18 Wed 1:30pm-2:45pm

Managing Academic Anxiety

Jun 27 Fri 10:30am-11:45am
 Jul 29 Fri 4:00pm-5:15pm

Learning Services
 SUB I, Suite 3600
 703-993-2999
LearningServices.gmu.edu

Register on Mason 360



Academic Success Workshops Summer 2025

5/29/2025	Thu	Scheduling and Time Management	3:00pm-4:15pm
5/30/2025	Fri	Motivation & Goal Setting	10:30am-11:45am
6/2/2025	Mon	College Reading Strategies	1:30pm-2:45pm
6/5/2025	Fri	Motivation & Goal Setting	10:30am-11:45am
6/10/2025	Tues	Exam Strategies	1:30pm-2:45pm
6/11/2025	Wed	Note Taking During Class	3:00pm-4:15pm
6/16/2025	Mon	Overcoming Procrastination	3:00pm-4:15pm
6/18/2025	Wed	Scheduling and Time Management	1:30pm-2:45pm
6/25/2025	Wed	How to Study for Online Courses	12:00pm-1:15pm
6/27/2025	Wed	Managing Academic Anxiety	10:30am-11:45am
7/2/2025	Tues	Memory Strategies	3:00pm-4:15pm
7/3/2025	Wed	Metacognition	1:30pm-2:45pm
7/7/2025	Mon	Focus Better	10:30am-11:45am
7/10/2025	Thu	ADHD Study Hacks	3:00pm-4:15pm
7/16/2025	Wed	College Reading Strategies	3:00pm-4:15pm
7/18/2025	Fri	Overcoming Procrastination	12:00pm-1:15pm
7/22/2025	Tues	Scheduling and Time Management	10:30am-11:45am
7/24/2025	Thu	Note Taking During Class	12:00pm-1:15pm
7/28/2025	Mon	Metacognition	12:00pm-1:15pm
7/29/2025	Tues	Managing Academic Anxiety	4:00pm-5:15pm
8/5/2025	Tues	Memory Strategies	10:30am-11:45am
8/11/2025	Mon	Exam Strategies	10:30am-11:45am
8/15/2025	Fri	Motivation & Goal Setting	1:30pm-2:45pm
8/21/2025	Thu	ADHD Study Hacks	3:00pm-4:15pm
8/22/2025	Fri	College Culture and Readiness	1:30pm-2:45pm

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