



University Life
LEARNING SERVICES
George Mason University®



Academic Success

Fall 2025 Workshops

Academic Survival for Finals
Dec 3 Wed 6:00–7:00pm

ADHD Study Hacks
Sep 29 Mon 1:30–2:45pm
Oct 15 Wed 6:00–7:00pm

Balance Monday
Sep 9 Tue 3:00–4:00pm

College Culture & Readiness
Sep 9 Tue 10:30–11:45am

College Reading Strategies
Sep 22 Mon 3:00–4:15pm
Oct 30 Thu 10:30–11:45am
Nov 21 Fri 1:30–2:45pm

Exam Strategies
Aug 29 Fri 12:30–1:20pm
Sep 25 Thu 4:30–5:45pm
Nov 10 Mon 12:00–1:15pm
Nov 25 Tue 3:00–4:15pm

Focus Better
Aug 28 Thu 12:00–1:15pm
Oct 14 Tue 3:00–4:15pm
Nov 24 Mon 10:30–11:45am

How to Study for Online Courses
Sep 10 Wed 4:30–5:45pm
Oct 31 Fri 12:00–1:15pm

Managing Academic Anxiety
Sept 24 Wed 9:00–10:15am
Nov 7 Fri 10:30–11:45am
Nov 13 Thu 6:00–7:00pm
Dec 4 Thu 3:00–4:15pm

Managing Burnout
Oct 23 Thu 1:30–2:45pm

Managing Disabilities
Sep 24 Tue 2:00–3:00pm

Managing Mental Health with Academics
Sep 22 Wed 12:00–1:00pm

Managing Stress
Oct 28 Tue 12:00–1:00pm

Memory Strategies
Sep 8 Mon 12:00–1:15pm
Nov 5 Wed 1:30–2:45pm
Dec 5 Fri 1:30–2:45pm

Metacognition
Aug 29 Fri 10:00–10:50am
Nov 17 Mon 12:00–1:15pm

Mindset
Oct 16 Thu 3:00–4:00pm

Motivation & Goal Setting
Sep 18 Thu 12:00–1:15pm
Oct 28 Tue 4:30–5:45pm

Note Taking During Class
Aug 25 Mon 10:30–11:45am
Sep 30 Tue 4:30–5:45pm
Nov 12 Wed 3:00–4:15pm

Overcoming Procrastination
Sep 4 Thu 3:00–4:15pm
Sep 17 Wed 10:30–11:45am
Oct 8 Wed 6:00–7:00pm
Oct 22 Wed 1:30–2:45pm

Perils of Perfectionism
Oct 9 Thu 1:30–2:45pm

Pressure to Perform
Nov 11 Tue 5:00–6:00pm

Scheduling & Time Management
Aug 29 Fri 11:00–11:50am
Sep 26 Fri 3:00–4:15pm
Oct 6 Mon 12:00–1:15pm
Nov 18 Tue 4:30–5:45pm

Science & Math Strategies
Sep 5 Fri 12:00–1:15pm
Oct 13 Mon 10:30–11:45am

🌐 learningservices.gmu.edu
📍 SUB I, Suite 3600
📞 703-993-2999
✉ lsstaff@gmu.edu



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