



University Life
LEARNING SERVICES
 George Mason University®

Academic Success

Spring 2026 Workshops



Academic Survival for Finals

Apr 16 Thu 3:00-4:15pm
 Apr 28 Tue 4:30-5:45pm

ADHD Study Hacks

Jan 23 Fri 10:30-11:45am
 Apr 21 Wed 1:30-2:45pm

College Culture & Readiness

Jan 21 Wed 3:00-4:15pm

College Reading Strategies

Jan 29 Thu 12:00-1:15pm
 Feb 13 Fri 3:00-4:15pm
 Mar 25 Wed 1:30-2:45pm

Exam Strategies

Feb 18 Wed 1:30- 2:45pm
 Mar 19 Thu 12:00-1:15pm
 Apr 20 Mon 10:30-11:45am

Focus Better

Feb 5 Thu 1:30- 2:45pm
 Mar 17 Tue 4:30- 5:45pm
 Apr 29 Wed 12:00-1:15pm

How to Study for Online Courses

Jan 20 Tue 6:00-7:00pm
 Mar 4 Wed 6:00-7:00pm

Learning How to Learn

Feb 11 Wed 4:30-5:45pm
 Mar 31 Tue 3:00-4:15pm

Managing Academic Anxiety

Feb 16 Mon 12:00-1:15pm
 Feb 25 Wed 12:00-1:15pm
 May 1 Fri 1:30-2:45pm

Managing Burnout

Feb 20 Fri 1:30-2:45pm
 Mar 18 Wed 10:30-11:45am
 Apr 1 Wed 4:30-5:45pm

Memory Strategies

Jan 30 Fri 10:30-11:45am
 Feb 10 Tue 3:00-4:15pm
 Apr 9 Thru 1:30-2:45pm

Motivation & Goal Setting

Feb 9 Mon 12:00pm-1:15pm
 Feb 23 Mon 10:30-11:45am
 Mar 27 Fri 10:30-11:45am

Note Taking During Class

Feb 2 Mon 12:00-1:15am
 Mar 6 Fri 1:30-2:45pm
 Mar 24 Tue 12:00-1:15pm

Overcoming Procrastination

Feb 3 Tue 4:30-5:45pm
 Mar 2 Mon 12:00-1:15pm
 Mar 16 Mon 1:30-2:45pm
 Apr 10 Fri 10:30-11:45am
 Apr 15 Wed 4:30-5:45pm

Perils of Perfectionism

Apr 7 Thu 4:30-5:45pm
 Apr 14 Tue 12:00pm-1:15pm

Scheduling & Time Management

Jan 26 Mon 1:30-2:45pm
 Feb 24 Tue 4:30-5:45pm
 Mar 30 Mon 10:30-11:45am

Workshops marked with astrisks (*) are in-person.

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