

Program Title	Program Description	2019-2020
Exam Prep	Exams can count for a large percentage of a student's course grade. This workshop gives students important tips and strategies to help them succeed on exams. <i>(Target Audience: Freshmen)</i>	
Developing Effective Relationships with your Faculty	Students must be active participants in their learning. This workshop shares strategies on how to develop strong connections with faculty that will ultimately contribute to their academic success. <i>(Target Audience: All students)</i>	
It's in the Syllabus	A syllabus contains pertinent information related to a student's success in the course. In this workshop, students will learn how to read a syllabus and how to use a master syllabus to manage due dates of all of their coursework. <i>(Target Audience: Freshmen)</i>	
Making Group Work Work	During a student's college career they will be expected to work collaboratively with other students. This workshop provides strategies on how to make working in small groups a positive experience for everyone. <i>(Target Audience: All students)</i>	
Take 5: Notetaking Tips and Tricks	Taking good notes in class is a key to success. This workshop provides students with tips to perfect their notetaking style. <i>(Target Audience: Freshmen & Sophomores)</i>	
Learning Styles and Study Tips	Students will take the VARK learning styles assessment and learn ways to study based on their learning style. <i>(Target Audience: All students)</i>	
Advising 101	This workshop will help students prepare for their first Advising Appointment. Students will learn the answers to questions like: why should I meet with my advisor, who is my advisor and how can I contact them, what should I expect from my advisor meeting, and more. <i>(Target Audience: first year/new students)</i>	
Fitting Life into College and College into Life	This work shop focuses on helping student become better planners and learn how to stay organized through the week. We will give advice on how to fit the many aspects of being a college student into an already busy life by planning and prioritizing. <i>(Target Audience: All students)</i>	
SMART Goals	As a college student it is important to have direction. This workshop breaks down how to develop realistic, action-oriented goals to help reach your greatest potential. <i>(Target Audience: All students)</i>	
Take a Break	Students need to stay mentally and physically fit to be successful. This interactive workshop shares how to incorporate healthy habits into a busy life. <i>(Target Audience: Freshmen)</i>	
Mutual Expectations: Civility and Integrity on Campus	A college campus is a great place to meet people of different values, beliefs, and ideas. This workshop discusses how students can take proactive steps to promote civility throughout the campus community. <i>(Target Audience: All students)</i>	