Bounce Back From Setbacks
- 2:30 pm Thu Feb. 14
- 5:30 pm Wed Mar. 13
- 12:20 pm Fri Mar. 15
- 10:00 am Tue Mar. 19
- 6:00 pm Thu Mar. 21
- 1:25 pm Mon Mar. 25

Communicating with Your Professor & Succeeding in a Large Class
- 1:25 pm Wed Feb. 13
- 6:00 pm Mon Mar. 11
- 11:30 am Thu Apr. 18

Finding Your Motivation
- 11:30 am Thu Feb. 28
- 4:00 pm Mon Mar. 18
- 2:30 pm Tue Apr. 30

Goal Setting
- 4:00 pm Thu Feb. 7
- 11:15 am Fri Mar. 22
- 2:30 pm Tue Apr. 2
- 6:00 pm Wed Apr. 17

Group Work Made Easy
- 2:30 pm Mon Feb. 18
- 10:10 am Wed Apr. 10
- 4:00 pm Tue Apr. 23

I’m Stressed
- 1:00 pm Tue Mar. 12
- 5:30 pm Mon Apr. 8
- 10:00 am Mon Apr. 29

Mindset Matters
- 5:30 pm Mon Feb. 11
- 1:00 pm Tue Apr. 16
- 10:00 am Thu Apr. 25

Money Talks
- 12:20 pm Fri Feb. 22
- 6:00 pm Thu Apr. 4
- 2:30 pm Mon Apr. 15
- 5:30 pm Wed Apr. 24

Overcoming Test Anxiety
- 6:00 pm Thu Feb. 21
- 2:30 pm Wed Mar. 27
- 11:15 am Mon Apr. 15

Pain-Free Presenting
- 2:30 pm Tue Feb. 26
- 11:15 am Fri Apr. 12
- 6:00 pm Mon Apr. 22

Preparing for Your Advising Appointment
- 11:30 am Wed Mar. 20
- 5:30 pm Thu Mar. 28
- 2:30 pm Mon Apr. 1

Prepping for Tests
- 2:30 pm Wed Feb. 6
- 1:00 pm Tue Mar. 19
- 5:30 pm Thu Apr. 18
- 6:00 pm Mon Apr. 29

Resource Rundown
- 1:00 pm Tue Jan. 22
- 6:00 pm Wed Jan. 30
- 11:15 am Fri Feb. 8

Science of Learning
- 11:30 am Tue Feb. 12
- 4:00 pm Wed Apr. 3
- 5:30 pm Thu Apr. 11
- 1:25 pm Mon Apr. 22

#StudyHacks
- 2:30 pm Tue Jan. 29
- 6:00 pm Mon Feb. 25
- 12:20 pm Fri Apr. 5
- 1:00 pm Wed Apr. 17
- 11:30 am Tue Apr. 30

There’s an App for That!
- 1:00 pm Tue Feb. 19
- 4:00 pm Mon Apr. 8
- 11:30 am Tue Apr. 23

Time Management
- 5:30 pm Thu Jan. 24
- 1:25 pm Mon Feb. 4
- 4:00 pm Wed Feb. 20
- 11:30 am Tue Mar. 26
- 6:00 pm Wed Apr. 10
- 12:20 pm Fri Apr. 26

Tips for Better Note-taking & Reading
- 12:20 pm Mon Jan. 28
- 11:15 am Fri Mar. 29
- 6:00 pm Tue Apr. 9
- 4:00 pm Wed Apr. 24

Wellness for Academic Success
- 5:30 pm Wed Feb. 27
- 11:30 am Tue Apr. 2
- 2:30 pm Thu Apr. 25

Computer Lab Workshops
Located in Colvard 2212
*Limited to 7 participants

Microsoft Excel Basics
- 4:00 pm Mon Apr. 1
- 2:30 pm Tue Apr. 9

Microsoft Excel Intermediate
- 4:00 pm Wed Apr. 3
- 2:30 pm Thurs Apr. 11

PowerPoint Perfection
- 1:00 pm Thu Apr. 4
- 4:00 pm Tue Apr. 16
Bounce Back From Setbacks
Discover tips to help get you refocused and stay motivated throughout the semester.

Communicating with Your Professor and Succeeding in a Large Class
Learn to communicate more effectively with your professor and develop a relationship that promotes academic success, along with tips on how to be successful and establish your presence in a large class.

Finding Your Motivation
Explore motivation and personal accountability, and learn how to tap into them in order to take control of your academic success.

Goal Setting
Identify short and long term goals, and create a specific, realistic, and well-informed action plan for achieving them.

Group Work Made Easy
Learn ways of working in groups to effectively complete projects and assignments.

I’m Stressed
Increase your awareness of stress and how to minimize stressors in your lives.

Money Talk$
Learn about budgeting, how credit cards work, and how to graduate with minimal debt.

Microsoft Excel Basics
Learn how to input data, format cells, create charts and graphs, and use built-in Excel functions.

Microsoft Excel Intermediate
Learn how to complete conditional formatting, VLOOKUPs, sort and filter data, and use built-in Excel functions.

Mindset Matters
Through exploring the Growth Mindset, learn how perception can influence development in academics and beyond.

Overcoming Test Anxiety
Learn how to identify sources of test anxiety and discover ways to manage it during tests.

Pain-Free Presenting
Discover how to create a dynamic presentation and show your audience that you are truly a “SUPERSTAR!”

PowerPoint Perfection
Bring a PPT you are working on or use our basic template to explore the bells and whistles you can add to a presentation to make it stand out from the crowd.

Preparing for Your Advising Appointment
Get the most from your advising appointment by taking just a few minutes to prepare with us.

Prepping for Tests
Discover ways to improve your chances of making an “A” on your next exam, mid-term, or final.

Resource Rundown
Increase your awareness of campus resources that promote academic success and a stronger connection to Niner Nation.

Science of Learning
Learn how to effectively align how the brain naturally learns with the demands of the college classroom. Workshop adapted from the ‘New Science of Learning’ by Terry Doyle and Todd Zakrjasek.

#StudyHacks
Learn helpful tips to process content in a timely and effective manner for successful course completion.

There’s an App for That!
Explore how technology and specific apps can facilitate your learning and academic success in college.

Time Management
Learn to effectively organize your time and tasks so you can accomplish your goals.

Tips for Better Note-taking & Reading
Maximize your note-taking and reading skills to grasp the main concepts and ideas from lectures and textbooks.

Wellness for Academic Success
Maximize your academic potential with health tips that will affect your outer and inner self.

Accommodations for persons with disabilities will be provided upon request. Contact Rasheda Sykes at 704-687-7840 two weeks in advance for accommodations.

UCAE Hours
Mon-Thurs 8 am – 7 pm
Fri 8 am – 5 pm