

**TRIO/SSS
Workshops & Events
Fall 2016**

**TRIO Welcome Back
Open House**

Thursday, Sept. 8th

Time: 11am-1pm

Location: (MC 110)

**Active-Listening &
Note-taking**

Wednesday, Sept. 14th

Time: 2:45pm-3:45pm

Thursday, Sept. 15th

Time: 11:30am-12:30pm

Location: (PH 104)

**Overcoming Boredom and
Staying Motivated**

Wednesday, Sept. 21st Time:
2:45pm-3:45pm

Thursday, Sept. 22nd

Time: 11:30am-12:30pm

Location: (PH 104)

**Breaking your
Procrastination Habit**

Wednesday, Sept. 28th

Time: 2:45pm-3:45pm

Thursday, Sept. 29th

Time: 11:30am-12:30pm

Location: (PH 104)

Time Management

Wednesday, Oct. 5th

Time: 2:45pm-3:45pm

Thursday, Oct. 6th

Time: 11:30am-12:30pm

Location: (PH 104)

Financial Literacy

Tuesday, Sept. 11th

Time: 11:30am-12:30pm

Location: RT (LCLC front Lab)

**Improving Memory and
Concentration**

Wednesday, Oct. 19th

Time: 2:45pm-3:45pm

Thursday, Oct. 20th

Time: 11:30am-12:30pm

Location: (PH 104)

**Reviewing and Test
Preparation**

Wednesday, Oct. 26th

Time: 2:45pm-3:45pm

Thursday, October 27th

Time: 11:30am-12:30pm

Location: (PH 104)

AutumnFEST

Monday, Oct. 31st

12pm-2pm

Location: SC 311 - 315

**Skills for Enhancing Test
Performance**

Wednesday, Nov. 2nd

Time: 2:45pm-3:45pm

Thursday, Nov. 3rd

Time: 11:30am-12:30pm

Location: (PH 104)

Study Abroad Info Session

Tuesday, Nov. 8th

Time: 11:30am-12:30pm

Location: MC 123

**Strategies for Stress
Management**

Wednesday, Nov. 9th

Time: 2:45pm-3:45pm

Thursday, Nov. 10th

Time: 11:30am-12:30pm

Location: (PH 104)

Test-Anxiety Management

Wednesday, Nov. 16th

Time: 2:45pm-3:45pm

Thursday, Nov. 17th

Time: 11:30am-12:30pm

Location: (PH 104)

**TRIO Volunteers: Cleveland
Food Bank**

Tuesday, Nov. 22nd

3:30pm-7:00pm

Preparing for Final Exams

Wednesday, Nov. 30th

Time: 2:45pm-3:45pm

Thursday, Dec. 1st

Time: 11:30am-12:30pm

Location: (PH 104)

Stress Management Session

Wednesday, Dec. 7th

Time: 2:45pm-3:45pm

Thursday, Dec. 8th

Time: 11:30am-12:30pm

Location: (PH 104)

TRIO Winterfest

Friday, Dec. 9th

Time: 12pm-2pm

Location: SC 311 (A&D)