

TRIO/Student Support Services

Fall 2015 Calendar of Events

Breaking your Procrastination Habit - You will learn about different types of procrastination, the negative consequences of procrastination and practical strategies and techniques to use

- Wednesday, September 23 - LOCATION: PH 104 TIME: 2:45pm - 3:45pm
- Thursday, September 24 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

Managing Time for Success - Learn helpful tips on effectively using your time and how to stay organized.

- Wednesday, September 30 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 1 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

Improving Memory & Concentration - Learn techniques and strategies to help you stay focused this semester.

- Wednesday, October 14 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 15 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Financial Literacy - Learn the ABC's of money management. It's time to start saving!

Tuesday, October 20 - LOCATION: RT(LCLC front Lab) - TIME: 11:30am - 12:30pm

Reviewing & Test Preparation - Learn effective strategies for use in preparing for test

- Wednesday, October 21 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 22 - LOCATION: PH 104 - TIME: 11:30am - 12:30pm

AutumnFEST - Come celebrate fall with us!

Tuesday, October 27 - LOCATION: SC 311 - 315 - TIME: 11:30am - 1:30pm

Skills for Enhancing Test Performance - Learn how to effectively prepare for tests and manage anxiety.

- Wednesday, October 28 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, October 29 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Study Abroad Discussion - Thinking about studying abroad? Attend this workshop and find out how you can!

Tuesday, November 3 - LOCATION: SC 313-315 - TIME: 11:30am - 12:30pm

Strategies for Stress Management - Learn how to manage stress and improve your test performance!

- Wednesday, November 4 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, November 5 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

Test Anxiety Management - Learn about the five major types of anxiety and watch a video on anxiety.

- Wednesday, November 11 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, November 12 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

Preparing for Final Exams - Learn how to overcome test anxiety during finals week.

- Wednesday, November 18 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, November 19 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Volunteer Opportunity Bishop Cosgrove - Looking for an opportunity to give back? Join us as we volunteer our services

Tuesday, November 24 - LOCATION: MC 110 - TIME: 3:30pm - 7:00pm

Stress Management Session - Learn effective stress management skills

- Wednesday, December 2 - LOCATION: PH 104 - TIME: 2:45pm - 3:45pm
- Thursday, December 3 - LOCATION: MC 134 - TIME: 11:30am - 12:30pm

TRIO Winterfest - Come and celebrate winter with TRIO!

Friday, December 4 - LOCATION: SC 311 (A&D) - TIME: 12:00pm - 2:00pm