

University of Wisconsin-Stevens Point

TLC's Academic Coaching Workshops – Spring 2022

No registration is required, although virtual meetings are limited to 100 participants on Zoom.

Please scroll down to second page for workshop descriptions.

ATTEND ANY OF THESE WORKSHOPS FOR PRO EVENTS CREDIT!

Date	Day	Time	Focus	Location
01/24	Mon	2-3:00	Semester Restart!	Zoom
01/26	Wed	5-6:00	Semester Restart!	Zoom
01/31	Mon	3-4:00	Semester Restart!	ALB 310
02/01	Tues	3-4:00	Semester Restart!	Zoom
02/03	Thurs	3-4:00	Time Management for online courses	Zoom
02/08	Tues	4-5:00	Conquering Canvas	Zoom
02/08	Tues	4-5:00	Goal Setting	ALB 310
02/14	Mon	3-4:00	Note-taking strategies	Zoom
02/17	Mon	3-4:00	Time Management	ALB 310
02/22	Tues	4-5:00	Metacognitive strategies	ALB 310
02/22	Tues	2-3:00	Communication on Campus	Zoom
03/03	Thurs	3-4:00	Study Skills for online courses	Zoom
03/07	Mon	4-5:00	Preparing for midterms	Zoom
03/08	Tues	3-4:00	Preparing for midterms	ALB 610
03/15	Tues	3-4:00	Time Management for online courses	Zoom
03/30	Wed	3-4:00	Conquering Canvas	Zoom
04/04	Mon	2-3:00	Time Management	ALB 310
04/05	Tues	5-6:00	Communication on Campus	Zoom
04/12	Tues	3-4:00	Metacognitive strategies	ALB 310
04/14	Thurs	2-3:00	Study Skills for online courses	Zoom
04/18	Mon	4-5:00	Time Management for online courses	Zoom
05/03	Tues	5-6:00	Preparing for finals	Zoom
05/04	Wed	4-5:00	Preparing for finals	ALB 610
05/11	Wed	3-4:00	Preparing for finals	Zoom

TLC's Academic Coaching Workshop Descriptions – Spring 2022

(NEW) Semester Restart! Did last semester not go as planned? Or have you adjusted your academic goals and would like to learn strategies on how to accomplish them? This workshop will introduce 10 tips to help set yourself up for success this semester!

(NEW) Conquering Canvas: Canvas is the course management system at UWSP used by all faculty and students. It's where you will find assignments, discussions, and exams for your courses. At this workshop, you will learn the top tips on how to organize your classes and calendar in Canvas to be successful in your courses.

(NEW) Metacognitive strategies: Metacognition is the understanding and awareness of one's own mental or cognitive processes. Learn how "thinking about your thinking" can help you reach your academic goals!

Time Management Strategies: Burnt out, stressed out, rundown and tired? The focus of this workshop is to give students the opportunity to assess how they are using their time and to offer strategies to help them manage their time more effectively for greater academic success.

Note Taking Strategies: Want to take better notes during class? Learn about popular note-taking methods and other tips to help boost your academic performance.

Study Skills: Do you ever feel like your study habits simply aren't cutting it? Do you wonder what you could be doing to perform better in class and on exams? Learn effective study strategies for college.

Test Taking Strategies: Looking for ways to perform better on tests? This workshop focuses on various strategies and approaches to different test formats.

Communication on Campus: Help your communication skills on campus by learning effective and professional ways to communicate with your professor via email or office hours, finding a "study buddy" in class, and how to communicate with departments on campus to get your questions answered efficiently.

Preparing for Finals/Preparing for Midterms: This workshop introduces the top study strategies that successful students use to prepare for tests and exams, as well as tips on time management and self-care so you can head into midterms feeling prepared and confident.