

TLO SP25 ACADEMIC COACHING WORKSHOP



TITLE	DESCRIPTION	DATE	TIME	LEAD & LOCATION
Organize Your Schedule!	Learn to manage your time effectively to help you become more organized in your academic and social life. Discuss juggling commitments to alleviate stress and better use your time. Discover your “time windows” and learn strategies to leverage your time to its fullest potential.	Week 2 Thursday, January 30th Week 4 Tuesday, February 11th	4 - 4:50 pm	CCC 320 Joe
Personal Values and Goals: Small Steps to Help You Reach Your Goals	Connect your long-term goals with incremental steps and create a plan for reaching these goals.	Week 3 Tuesday, Feb 4	4 - 4:50 pm	<u>VIRTUAL</u> Jen White
Academic Reading	Harness the powers of metacognition to become a stronger reader!	Week 5 Thursday, 20 February	4 - 4:50 pm	CCC 320 Amanda
The Best Way to Study: Let’s Think About It	Learn research-backed study strategies and understand the importance of metacognition and growth mindset in your academic journey.	Week 6 Tuesday, Feb 25	12 - 12:50 pm	CCC 320 Tristan
Personal Statements	Are you considering graduate or professional school in the future? You'll need to submit personal statements as part of those application processes. Come learn what schools are hoping to see in these statements and brainstorm ideas to get you started.	Week 8 Tuesday, March 11	4 - 5 pm	TNR 120 TLC & ACAC
Excel Basics	Unlock the potential of Excel with our introductory workshop designed for UWSP students! Dive into the essentials of this powerful spreadsheet software, from navigating the interface to creating basic formulas and formatting data. Whether you're new to Excel or looking to refresh your skills, this session will provide you with the foundation needed to organize information effectively, analyze data, and streamline your coursework. Join us to master Excel basics and excel in your academic pursuits at UWSP!	Week 10 Wednesday, April 2nd	12 - 12:50 pm	CCC 320 In Person
Test-Preparation and Taking Strategies	Set yourself up for success for testing! Discover simple and effective steps you can take to prepare for exams, and strategies for success while taking exams.	Week 14 Monday, April 28	12 - 12:50 pm	<u>VIRTUAL</u> Tristan