



# TLC ACADEMIC COACHING WORKSHOP

## FALL 2024 SCHEDULE

### TRIVIA: HOW TO STUDENT

**Friday  
August 30**

Stop by the the TLC table at Upper Debot to answer trivia questions about effectively using your syllabi, time management, and important campus resources to know and utilize throughout the semester. Prizes WILL be awarded!

**8:30 - 10:00 A.M.  
Upper Debot**

### INTRO TO CANVAS & NAVIGATE

**Wednesday  
September 4**

Join our virtual workshop to master Canvas and Navigate, two indispensable tools for your academic success at UWSP! Learn how to navigate Canvas effortlessly, from submitting assignments to engaging with course materials and classmates. Explore Navigate's features for effective academic planning, including scheduling advisor/tutoring appointments. Don't miss this chance to help streamline your journey to success at UWSP!

**12:00 - 12:50 P.M.  
VIRTUAL LINK**

### PERSONAL VALUES AND GOALS: MAKE THE MOST OUT OF THE YEAR AHEAD

**Monday  
September 9**

Determine your goals for the semester and create systems to help you achieve these goals.

**4:00 - 4:50 P.M.  
CCC 320**

### ACADEMIC CULTURE

**Thursday  
September 19**

Delve into a discussion on academic culture, including how to read a syllabus, communicating with faculty and staff, and decoding terms in academia.

**4:00 - 4:50 P.M.  
CCC 320**

### TIME MANAGEMENT

**Tuesday  
September 24**

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.

**4:00 - 4:50 P.M.  
CCC 320**





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### THE BEST WAY TO STUDY: LET'S THINK ABOUT IT

**Monday  
September 30**

Learn research-backed study strategies and understand the importance of metacognition and growth mindset in your academic journey.

**12:00 - 12:50 P.M.  
CCC 320**

### PDF FILES & ONEDRIVE

**Wednesday  
October 9**

Discover the power of OneDrive in our virtual workshop tailored for UWSP students! Learn how to leverage OneDrive's cloud storage to securely store, access, and share your files from anywhere. We'll guide you through setting up and accessing OneDrive seamlessly within the UWSP ecosystem, ensuring you have the tools to collaborate efficiently and stay organized throughout your academic endeavors. Don't miss this opportunity to harness the full potential of OneDrive!

**12:00 - 12:50 P.M.  
VIRTUAL LINK**

### PERSONAL STATEMENTS

**Tuesday  
October 15**

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 how you can set yourself up for success.

**4:00 - 5:00 P.M.  
CBB 165**

### EXCEL BASICS

**Wednesday  
November 6**

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!

**12:00 - 12:50 P.M.  
VIRTUAL LINK**

### TEST- PREPARATION AND TAKING STRATEGIES

**Wednesday  
December 4**

Set yourself up for success with midterms! Discover simple and effective steps you can take to prepare for exams, and strategies for success while taking exams.

**12:00 - 12:50 P.M.  
CCC 320**

