



# TLC ACADEMIC COACHING WORKSHOP

## SPRING SCHEDULE

### STRONG START TO SPRING SEMESTER

**Thursday  
January 25**

Explore different strategies to start your semester off strong. This session will include information about how to effectively use your syllabi, different time management strategies and important campus resources to know and utilize throughout the semester.

**3:00 - 3:50 P.M.  
CCC 320**

### A SYSTEMATIC APPROACH TO SETTING AND ACHIEVING GOALS

**Wednesday  
January 31**

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

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

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

**Wednesday  
February 7**

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**

### NAVIGATING ONLINE LEARNING

**Wednesday  
February 21**

Examine strategies and tools to become a successful online student.

**4:00 - 4:50 P.M.  
VIRTUAL**

### TEST- PREPARATION AND TAKING STRATEGIES

**Monday  
March 11**

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 328**

