

## Spring 2025 Student Success Workshops

Registration is required; please click this [link](#), locate the workshop you are interested in and register.

Questions, contact Sheri Groesbeck, Director of Student Success at [sgroesbeck@nwacc.edu](mailto:sgroesbeck@nwacc.edu) .

Date	Time /Place	Topic
1/10, Friday	In-Person, BH 1004 4pm-5 pm	<a href="#">How to College 101</a> New to college or returning after a break? This workshop will help you start the semester strong by reviewing resources, Canvas, time management strategies, and much more.
1/14, Tuesday Week 1	Online 12pm-1pm	<a href="#">How to College 101</a> New to college or returning after a break? This workshop will help you start the semester strong by reviewing resources, Canvas, time management strategies, and much more.
1/17, Friday Week 1	In-Person BH 1004 11am-12pm	<a href="#">How to College 101</a> New to college or returning after a break? This workshop will help you start the semester strong by reviewing resources, Canvas, time management strategies, and much more.
1/17, Friday Week 1	Online 7pm-8pm	<a href="#">How to College 101</a> New to college or returning after a break? This workshop will help you start the semester strong by reviewing resources, Canvas, time management strategies, and much more.
1/17, Friday Week 1	Online 11am-12 pm	<a href="#">What is a Syllabus?</a> Why is a syllabus important to your success as a college student? We'll explore what a syllabus includes, how review it for resources/key information and how to make it beneficial to you.
1/24, Friday Week 2	Online 11am-12 pm	<a href="#">Time Management and Avoiding Procrastination</a> Do you have a plan to get things done and avoid procrastination? We will explore practical and effective strategies for managing your time well.
1/31, Friday Week 3	Online 11am-12 pm	<a href="#">Active Learning Strategies, Note-taking, and General Study Skills</a> Active Learning is one of the most important skills you can possess as a college student <b>and</b> not all note-taking styles are created equal. Let's explore different note-taking styles and discover which one is best suited for your learning style.
2/7, Friday Week 4	Online 11am-12 pm	<a href="#">Personal Finance for College Students: (Includes Scholarship Info)</a> Building a solid financial life is a marathon, not a race, so how can you get started as a college student in carefully managing your money? We will discuss simple strategies to help you follow a budget.

2/14, Friday Week 5	Online 11am-12 pm	<b>Test Prep and Strategies to Avoid Test Anxiety</b> Is test anxiety frustrating your efforts and getting in the way of your success? Learn how to get past your test anxiety and closer to your academic goals.
2/21, Friday Week 6	Online 11am-12 pm	<b>Time Management and Avoiding Procrastination</b> Do you have a plan to get things done and avoid procrastination? We will explore practical and effective strategies for managing your time well
2/28, Friday Week 7	Online 11am-12 pm	<b>Self-Care and Mental Health</b> Join us for a visit from NWACC's Counseling and Wellness department to explore ways to deal with stress, anxiety, depression and much more
3/7, Friday Week 8	Online 11am-12 pm	<b>Personal Finance for College Students (Includes Scholarship info)</b> Building a solid financial life is a marathon, not a race, so how can you get started as a college student in carefully managing your money? We will discuss simple strategies to help you follow a budget and manage your money.
3/14, Friday Week 9	Online	<b>Avoiding Burnout and Overcoming Failure</b> Is college-level work overwhelming you? We will explore easy ways to get organized and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!
3/21, Friday Week 10	Online 11am-12 pm	<b>Time Management and Procrastination</b> Do you have a plan to get things done and avoid procrastination? We will explore practical and effective strategies for managing your time well.
3/28, Friday Week 11		<b>Spring Break, No Workshop</b>
4/4, Friday Week 12	Online 11am-12 pm	<b>Avoiding Burnout and Overcoming Failure</b> Is college-level work overwhelming you? We will explore easy ways to get organized and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!
4/11, Friday Week 13	Online 11am-12 pm	<b>Test Prep</b> Is test anxiety frustrating your efforts and getting in the way of your success? Learn how to get past your test anxiety and closer to your academic goals.
4/18, Friday Week 14	Online 11am-12 pm	<b>Finish Strong</b> You've made it this far, so how can you finish the semester successfully? We will explore how to tackle the final push of the semester.

4/25, Friday	Online	<a href="#">Finish Strong</a>
Week 15	11am-12pm	You've made it this far, so how can you finish the semester successfully? We will explore how to tackle the final push of the semester.

## Workshop Descriptions

### [How to College 101](#)

New to college or returning after a break? This workshop will help you start the semester strong by reviewing resources, Canvas, time management strategies, and much more.

### [What is a Syllabus?](#)

Why is a syllabus important to your success as a college student? We'll explore what a syllabus includes, how review it for resources/key information and how to make it beneficial to you.

### [Time Management and Avoiding Procrastination](#)

Do you have a plan to get things done and avoid procrastination? We will explore practical and effective strategies for managing your time well.

### [Active Learning Strategies, Note-taking and General Study Skills](#)

Active Learning is one of the most important skills you can possess as a college student **and** not all note-taking styles are created equal. Let's explore different note-taking styles and discover which one is best suited for your learning style.

### [Test Prep and Test Anxiety](#)

Is test anxiety frustrating your efforts and getting in the way of your success? Learn how to get past your test anxiety and closer to your academic goals.

### [Avoiding Burn out and Overcoming Failure](#)

Is college-level work overwhelming you? We will explore easy ways to get organized and stay on top of your assignments, so you can free up your mind for more focused activities...like learning!

### [Self-Care and Your Mental Health](#)

Join us for a visit from NWACC's Counseling and Wellness department to explore ways to deal with stress, anxiety, depression and much more.

### [Personal Finance for College Students](#)

Building a solid financial life is a marathon, not a race, so how can you get started as a college student in carefully managing your money? We will discuss simple strategies to help you follow a budget and manage your money.

### [Finish Strong](#)

You've made it this far, so how can you finish the semester successfully? We will explore how to tackle the final push of the semester.

Additional Workshop Topics for Consideration:

- [Tips for Success in your Online Course: Staying Motivated and Disciplined](#)
- [Emotional and Social Intelligence: The Other Keys to Academic Success](#)
- [Navigating the Financial Aid Process \(led by NWACC's Financial Aid team\)](#)
- [Reading Comprehension 101: Strategies to Understand what you Read.](#)
- [Exploring Career Options and the Future Job Market](#)

- Success Strategies for First Generation College Students
- Writing Effective Resumes and Cover Letters