ESF Academic Success Center

Academic Success Workshops Series

Fall 2021

9 Moon Library
1 Forestry Drive
Syracuse, NY 13210
315-470-6752

Amelia Hoffman (she/her)
Academic Success Coordinator
Email: aghoffman@esf.edu

SUNY ESF Division of Student Affairs
Academic Success Center, 9 Moon Library, (315) 470-6752
Workshop Illustrations by StorySet
ASC Workshop Overview- Fall 2021

Students must RSVP before attending: [RSVP Form]

<table>
<thead>
<tr>
<th>ASC Workshop Topic</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Academic Mindset and Goal Setting</td>
<td>Wednesday</td>
<td>9/15/2021</td>
<td>11:00-12:00pm</td>
<td>19 Moon</td>
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<tr>
<td>Study Skills</td>
<td>Friday</td>
<td>9/17/2021</td>
<td>11:00-12:00pm</td>
<td>19 Moon</td>
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<tr>
<td>Test Taking Skills</td>
<td>Monday</td>
<td>9/20/2021</td>
<td>5:30-6:30pm</td>
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<tr>
<td>Stress Management</td>
<td>Thursday</td>
<td>9/23/2021</td>
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<tr>
<td>Time &amp; Task Management</td>
<td>Monday</td>
<td>9/27/2021</td>
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<tr>
<td>Test Taking Skills</td>
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<td>10:00-11:00am</td>
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<tr>
<td>Note-Taking Skills</td>
<td>Thursday</td>
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<tr>
<td>Concentration &amp; Procrastination</td>
<td>Tuesday</td>
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<td>Time &amp; Task Management</td>
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<tr>
<td>Reading Comprehension &amp; Memory</td>
<td>Thursday</td>
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<td>11:00-12:00pm</td>
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<tr>
<td>S.O.S- Save Our Semester</td>
<td>Friday</td>
<td>11/5/2021</td>
<td>4:00-5:00pm</td>
<td>19 Moon</td>
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</tbody>
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*If you have an academic conflict and cannot make a session time, please contact Amelia Hoffman aghoffma@esf.edu to arrange for you to get the content during a one on one coaching appointment. Please use the RSVP form above.*
Academic Mindset & Goal Setting

Mindsets can be learned and taught! Start your semester off to a strong start by learning about how to develop your skills. In this workshop we will teach students about how the brain grows and adapts, how to set strategic goals, and how to build habits that support overall wellness.

When: **Wednesday, September 15th, 2021 from 11:00am-12:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for Academic Mindset & Goal Setting](#)
Time & Task Management

Do you have too much to do and not enough time to complete everything? Learn how to take control of your time, and find organization strategies that work for you. This workshop will help you manage your time using various tools and time organization strategies using both physical and online tools, and teach self-management techniques.

When: **Monday, September 27th, 2021 from 5:30-6:30pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Time and Task Management](#)

When: **Thursday, October 7th, 2021 from 6:00-7:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Time and Task Management](#)
Stress Management & Burnout

This semester may be especially challenging, given some of the recent global and national events and concerns regarding the pandemic, and racial injustice. Learning to find healthy coping mechanisms to avoid compassion fatigue, burnout, and escalating mental health concerns is important. We will cover mindfulness topics to help you regain control of the present moment and create a calmer and more focused way of being during these challenging times.

When: **Thursday, September 23rd, 2021 from 5:00-6:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Stress Management & Burnout](#)

When: **Monday, October 11th, 2021 from 6:00-7:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Stress Management & Burnout](#)

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Study Skills

Do you have trouble recalling information from your lectures, readings, or notes? This workshop will provide you with some skills on how to improve your memory in order to help you be more successful in your studies. Unlock your amazing BRAIN POWER Learn specific strategies for staying motivated, improving your memory, and active review!

When: **Friday, September 17th, 2021 from 11:00-12:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Study Skills](#)

When: **Thursday, October 14th, 2021 from 5:00-6:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Study Skills](#)
Note-Taking Skills

Learn different note-taking techniques that can help you stay organized, retain more information, and become a helpful guide when it comes to studying and reviewing.

When: **Thursday, September 30th, 2021 from 11:00-12:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Note-Taking Skills](#)
Test-Taking Skills & Prep

Do you feel stressed at the thought of an upcoming test? Don’t know how to prepare for your midterm or upcoming tests? This workshop will focus on giving you an introduction to some basic study techniques, test preparation, test-taking, and learn some techniques to help you stay calm and confident.

When: **Monday, September, 20th, 2021 from 5:30-6:30pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Test-Taking Skills](#)

When: **Wednesday, September, 29th, 2021 from 10:00-11:00am**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Test-Taking Skills](#)
Increasing Concentration & Decreasing Procrastination

This workshop will provide you with techniques and strategies to overcome procrastination in your work and personal life. We will identify the roots of procrastination and the underlying fears, and teach skills on how to overcome common barriers to concentration to cultivate focus and prioritize tasks.

When: **Tuesday, October 5th, 2021 from 11:00-12:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for Increasing Concentration & Decreasing Procrastination](#)
Reading Comprehension & Memory

Do you feel like you don’t remember something you just read? Do you feel exhausted when reading textbooks? Do you have issues with the speed of your reading? This workshop is for you! This workshop will provide you with techniques and strategies to increase your efficiency when reading scientific texts, and increase your ability to retain what you read through helpful strategies.

When: **Thursday, October 28th, 2021 from 11:00-12:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Reading Comprehension & Memory](#)
S.O.S.
Save Our Semester

Is this semester not going according to plan? Do you feel like you are on a sinking ship? It’s not too late, and you are not alone. There are a few ways to save your semester and chart a path forward regardless of your circumstances. We have a variety of resources to share with you, as well as some supportive policies to help you navigate course withdrawal before the deadlines. Don’t delay and join us!

When: **Friday, November 5th, 2021 from 4:00pm-5:00pm**
Where: 19 Moon Library
Please RSVP: [RSVP for ASC Workshop- S.O.S.- Save Our Semester](#)