

# TIPS 4 SUCCESS WORKSHOP SERIES

ELLEN STOWE DINING ROOM | OPEN TO ALL STUDENTS!

BRING YOUR LUNCH FROM GARLOCK AND JOIN US WEDNESDAY'S 12:00 -12:50P.M.



## SEPTEMBER 7

**Need new habits?** | Learning Center

Tiny changes in what you do every day lead to big results in your life. Come and design your own practical strategies to build habits that lead to big success.



## SEPTEMBER 14

**Stress Ed** | Wellness Center

Understand your stress and learn how to manage it to maximize academic performance.



## SEPTEMBER 21

**Be Productive, Not Busy** | Learning Center

A full course load can be overwhelming and finding time to meet your many obligations can be stressful. Take away simple pointers to help you complete everything with time to spare!



## SEPTEMBER 28

**Study Better, Not Longer** | Learning Center

Turns out your favorite study strategies may not be as effective as you think. Learn techniques proven to be effective for the long term and get better grades than ever before.



## OCTOBER 5

**Memory Techniques for Test Time** | Learning Center

Feeling the pressure of course work requiring memorization? Learn time tested strategies for memorizing and devise mnemonic devices to help you organize and cue your learning for retrieval when you need it most.



## OCTOBER 12

**ABCs of College Reading: How to Know What's Important** | Learning Center

With so many text books and college reading assignments, how is a student supposed to get through them, identify what's important, and then remember it all? Gain practical tips for improving your approach to college level reading.



## OCTOBER 19

**Become. Career. Ready.** | Career Development

Actively engage in your career development NOW! Explore the Career Center's online Career Development Plan, Handshake, and Roberts Focus2Career resources.



## OCTOBER 26

**Resilience** | Wellness Center

Recognize and develop your resilience. Learn the secrets of a resilient mind, how to adapt to change, and overcome life's challenges.



## NOVEMBER 2

**Learn Your Strengths** | Clifton Strengths Assessment Trainer

Geared toward students who have completed the Clifton Strengths Assessment. Learn about how to interpret and leverage the feedback from your assessment. This concise course will help you make the most of a strengths based focus in your collegiate life and career.

Each student will receive one point for each workshop attended. For every three points earned, students will be entered into a drawing for a **\$100 Amazon Gift Card** at the end of the semester! There will be a drawing for a **\$5.00 gift card** at each workshop. Open to ALL students. For more information, contact Tabitha Arrendell at [arrendell\\_tabitha@roberts.edu](mailto:arrendell_tabitha@roberts.edu). Hope to see you there!



**ROBERTS**  
WESLEYAN COLLEGE