

# Academic Success Workshops:

## Increasing the Reach of Intangible Success Skills to Decrease Achievement Gaps

### Workshop Topics: Fall 2018 – Spring 2019

- Set, Follow, Achieve: S.M.A.R.T. Goal-Setting
- Motivation, Success, and You
- Note Taking and Textbook Navigation
- A Time for Time Management
- Choosing a Major
- Memory and Concentration
- Stress Management for Academic Success
- Establishing College-Level Success Habits
- Exam Game Plan
- My Journey to Resilience: The Everyday Faces of Uncommon Triumph
- How to Engage Effectively in your Learning Process
- Discovering Your Learning Style
- Overcoming Anxious Situations of the College Experience
- What's App-eing: Software Apps for Success
- Campus Resources Woke
- Me, Myself, & I: Self-Care Habits

\*Total Student Visits for this Academic Year: 1,398



### What Students are saying:

*"Jamaal Washington was just a great presenter for the workshop and he successfully engaged us in the workshop and as a result we all came out of the course and made our own schedule for the semester and we all got TM attendance certificate."*

*"It showed me that I can learn in more than one way."*

*"This workshop really benefited me because it was interactive with the other students who joined and we were able to give each other tips on how we prepare for an exam."*

*"I stopped worrying about deadlines and started doing my work earlier."*

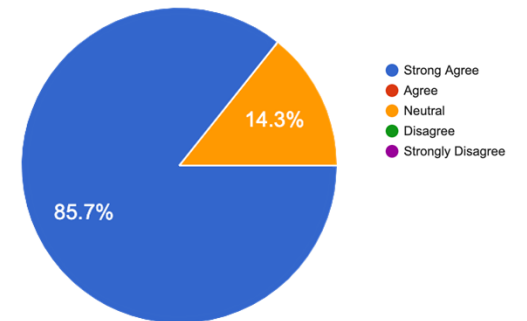
*"It allowed me to challenge myself."*

*"I learned that you should not allow time to manage you, instead you should manage time."*

### Online Workshop Post-Evaluation Student Feedback WordCloud



The information was presented in a Clear and Interesting Manner



\*Academic Success Workshop Post-Evaluation