

UPCOMING ASAP WORKSHOP LIST - SPRING 2020

ASAP Workshop II

Overcoming Procrastination

An intensive workshop that delves into the deep-seated causes of chronic procrastination. I'll discuss a variety of work-arounds, life-hacks, tools and tips to help you out this semester. We'll work together to understand the issues pertinent to your individual procrastination difficulties.

Tuesday, February 11

Science Building - 114

4:00-5:00 pm

Wednesday, February 12

Webb Hall - 215

5:00-6:00 pm

ASAP Workshop III

Reading College Textbooks and Creating Study Guides

Even if you are an avid reader, college textbooks can pose a host of reading challenges. At the same time, college textbooks are also a great resource. In this workshop, students will learn how to "pre-read" their textbooks, identify and understand the parts of a college textbook, see how chapters are organized, and create study guides by outlining chapters. Students will also be offered some effective reading strategies. Students attending this workshop should bring a textbook from a course they are currently enrolled in.

Wednesday, February 19

Webb Hall - 110

4:00-5:00 pm

Monday, February 24

Webb Hall - 216

4:00-5:00 pm

ASAP Workshop IV

Managing Mental Health

We will provide psycho-education on common mental health issues, such as stress, anxiety, and depression. We will discuss coping skills to manage symptoms, and we will provide information about CAPS services. We will be happy to answer questions at the end of the workshop.

Tuesday, February 25th

Student Center - 210 Theatre

4:00-5:00 pm

ASAP Workshop V

Digital Tools for Academic Success

This workshop will explore various digital tools useful for students. During the workshop you'll be introduced to a number of apps and programs to assist you with organization, time management and study skills. These tools can help you stay on top of responsibilities and deadlines in both your personal and academic life. There are so many resources out there for students, come and see what there is to offer.

Tuesday, March 3

Science Building - 114

4:00-5:00 pm

Wednesday, March 4

Webb Hall - 313

5:00-6:00 pm

ASAP Workshop VI

Back on Track

This hands-on workshop allows students to work directly with an Advising Center staff member to, in real time, review and analyze their degree evaluations. Students are taught how to use DegreeWorks to access their unofficial transcript, read the degree evaluation and use the "what-if analysis" feature. Students are also taught how to calculate the semester GPA that they need to reach an overall GPA of 2.0.

**Wednesday,
March 25**

Science Building
- 115

5:00-6:00 pm

**Tuesday, March
31**

Science Building
- 114

4:00-5:00 pm

**Wednesday,
April 1**

Science Building
- 115

5:00-6:00 pm