



# Student Academic Success Center

UNIVERSITY OF COLORADO BOULDER

## ACADEMIC SKILLS STRATEGIES WORKSHOPS

**MARCH 16- APRIL 3 2015**

ALL CU STUDENTS ARE WELCOME!



***NEW: WALK IN STUDY HELP AT NORLIN COMMONS! TIPS, TALK, AND TRICKS!  
(STUDENT TO STUDENT SERIES)***

**March 17: 4-6 PM, Norlin Commons, Rm 3 - E116 (red room) Need EBIO Help???**

Drop in to get tips for studying, test taking, time management, etc. You name it. A tutor will be there to answer your questions. A tutor will be there to answer your questions every Tuesday from 4-6.

### ***TEST ANXIETY/STRESS MANAGEMENT***

**March 16, Monday, 3-4pm, Fleming 150**

**Presenter:** Alyssa Fredricks, Pre-Doctoral Therapist, Counseling and Psychological Services

### ***GETTING UNSTUCK: WHEN WRITING ANXIETY GETS IN YOUR WAY***

**March 18, Wednesday, 2-3pm, Fleming 150**

No one said writing at the College level would be easy. This workshop will provide techniques and suggestions for you to 'Get Unstuck'. Even if you don't have a paper looming in the immediate future, these ideas can help you out!

### ***LET'S TALK TUESDAYS: ACADEMIC SKILLS WALK INS AT FLEMING!***

**Tuesdays, 2-3:30 pm, Fleming 190.**

**March 17 (not on March 31<sup>st</sup>)**

Confidential and personal. Let us help you identify obstacles; work out a plan of action. All questions, in any major or academic area are welcomed.

### ***YOGA SNACKS FOR EVERYSTUDENT@!***

**Fridays, 3-4pm, Fleming 244.**

**Mar. 20 (not on 4/3)**

Experience Yoga Safely, learn how yoga can help you with stress. Come to have fun! Mats provided or bring your own.

### ***CU Money Sense: Spent: Looking for Change***



**April 2, Thursday, 3: 00-3:50pm, Fleming 150**

A 40 minute film screening that follows the stories of everyday Americans who do not have access to a regular bank and how they handle it; guided discussion to follow after film.

(Topic: underbanked, the pitfalls of payday loans)

**Presenter:** Niomi Williams, Assoc. Prog. Director, CU Money Sense

*See updated listings at: <http://www.colorado.edu/sasc/skills>*

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