

CAREER AND TUTORIAL SERVICES

SPRING 2024 WORKSHOPS



JANUARY 17

Time Management: Fighting Procrastination

Presenters | Jerome Coley/Trina Cox
Magnolia Room

10:00 AM - 11:00 AM
3:00 PM - 4:00 PM

JANUARY 31

Goal Setting: Planning Ahead

Presenter | LaShundra Crittle
Magnolia Room

10:00 AM - 11:00 AM

FEBRUARY 14

Study Strategies: Note Taking

Presenter(s) TBA

10:00 AM - 11:00 AM
3:00 PM - 4:00 PM

FEBRUARY 21

Midterm Exam Prep

Presenter(s) TBA

10:00 AM - 11:00 AM
3:00 PM - 4:00 PM

MARCH 06

Self Care: Stress Management

Presenter | LaShundra Crittle
Magnolia Room

10:00 AM - 11:00 AM

MARCH 20

Motivation & Confidence Building

Presenter(s) TBA

10:00 AM - 11:00 AM
3:00 PM - 4:00 PM

MARCH 23

ACT Success Blueprint (Prep Workshop)

Presenter | Joseph McKee
Magnolia Room

9:00 AM - 12:00 PM

APRIL 03

Presentation & Communication Skills

Presenter | Shanelle Frazier
Magnolia Room

10:00 AM - 11:00 AM

APRIL 17

Battling Academic Burnout

Presenter(s) TBA

10:00 AM - 11:00 AM
3:00 PM - 4:00 PM

APRIL 24

Final Exam Prep

Presenter(s): TBA

10:00 AM - 11:00 AM
3:00 PM - 4:00 PM

FOR MORE INFORMATION CONTACT

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