

# Winter 2022 R' Success Workshops

(tentative - workshop topics are expected to change)

Week 2: Jan 10 – Jan 14		
Be the CEO of You M, Jan 10	9am	remote only
	11am	
	1pm	
Goal Setting & Time Management T, Jan 11	9am	remote only
	1pm	
Journey to Academic Success W, Jan 12	11am	remote only
	1pm	
Motivation R, Jan 13	9am	remote only
	11am	
	2pm	
Taking Care of You! (The Student) F, Jan 14	9am	remote only
	11am	
	1pm	
Week 3: Jan 17 – Jan 21		
NO WORKSHOPS M, Jan 17	<i>MLK, Jr. Day</i>	
Teamwork & Resolving Conflict T, Jan 18	9am	remote only
	2pm	
Public Speaking & Effective Presentations W, Jan 19	9am	remote only
	11am	
Small Talk & Initiating Relationships R, Jan 20	9am	remote only
Stress Management F, Jan 21	9am	remote only
	11am	
	1pm	

Week 4: Jan 24 – Jan 28		
Reading for Success in College M, Jan 24	9am	remote only
	11am	
	1pm	
Preparing For and Taking Tests T, Jan 25	9am	remote only
	11am	
Intro to Grad and Prof School Exams W, Jan 26	9am	remote only
	2pm	
Be the CEO of You R, Jan 27	9am	remote only
	11am	
Goal Setting & Time Management F, Jan 28	9am	remote only
	11am	
	1pm	
Week 5: Jan 31 – Feb 4		
Motivation M, Jan 31	11am	remote
	2pm	<b>in-person</b>
	4pm	remote
Taking Care of You! (The Student) T, Feb 1	2pm	remote
	4pm	<b>in-person</b>
Teamwork & Resolving Conflict W, Feb 2	3pm	remote
Public Speaking & Effective Presentations R, Feb 3	9am	<b>in-person</b>
	11am	remote
Small Talk & Initiating Relationships F, Feb 4	9am	remote
	11am	remote

**\*Workshops shaded in gold are held at the ARC (in-person)**

**All other workshops will be remote through Zoom**

**Register online through the [Accademia](https://arc.ucr.edu/rsuccess) link at [arc.ucr.edu](https://arc.ucr.edu)**

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Visit the UCR Academic Resource Center online at [www.arc.ucr.edu](http://www.arc.ucr.edu) • Staff available Mon-Fri, 9am-5pm  
Contact Information: Jason Chou • [jason.chou@ucr.edu](mailto:jason.chou@ucr.edu)

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Week 6: Feb 7 – Feb 11		
Stress Management M, Feb 7	9am	in-person
	11am	remote
Reading for Success in College T, Feb 8	9am	in-person
	11am	remote
Preparing For and Taking Tests W, Feb 9	9am	remote
Intro to Grad and Prof School Exams R, Feb 10	9am	remote
	2pm	in-person
Be the CEO of You F, Feb 11	9am	remote
	11am	remote
Week 7: Feb 14 – Feb 18		
Goal Setting & Time Management M, Feb 14	11am	in-person
Journey to Academic Success T, Feb 15	9am	remote
	11am	in-person
Motivation W, Feb 16	9am	remote
Taking Care of You! (The Student) R, Feb 17	9am	in-person
	2pm	remote
Teamwork & Resolving Conflict F, Feb 18	9am	remote
	11am	remote

Week 8: Feb 21 – Feb 25		
NO WORKSHOPS M, Feb 21	<i>President's Day</i>	
Public Speaking & Effective Presentations T, Feb 22	9am	in-person
	11am	remote
Small Talk & Initiating Relationships W, Feb 23	9am	remote
	2pm	remote
Reading for Success in College R, Feb 24	9am	remote
	2pm	in-person
Preparing For and Taking Tests F, Feb 25	9am	remote
	11am	remote
Week 9: Feb 28 – Mar 4		
Intro to Grad and Prof School Exams M, Feb 28	11am	remote
Be the CEO of You T, Mar 1	11am	in-person
	4pm	remote
Goal Setting & Time Management W, Mar 2	9am	remote
	2pm	remote
Journey to Academic Success R, Mar 3	9am	remote
	2pm	in-person
Motivation F, Mar 4	9am	remote
	11am	remote

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Week 10: Mar 7 – Mar 11		
Taking Care of You! (The Student) <b>M, Mar 7</b>	11am	remote
Goal Setting & Time Management <b>T, Mar 8</b>	<b>11am</b>	<b>in-person</b>
	4pm	remote
Preparing For and Taking Tests <b>W, Mar 9</b>	9am	remote
	2pm	remote
Stress Management <b>R, Mar 10</b>	9am	remote
	<b>2pm</b>	<b>in-person</b>
Motivation <b>F, Mar 11</b>	9am	remote
	11am	remote

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