# R’Success Workshops

## Winter 2023: Workshops will be offered in-person at the Academic Resource Center or on Zoom as indicated. For zoom workshops, you will need to log in to Accudemia at the time of the workshop to access the zoom link.

### Week 2

| Time | Monday, Jan. 16 | Tuesday, Jan. 17 | Wednesday, Jan. 18 | Thursday, Jan. 19 | Friday, Jan. 20 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | *HOLIDAY* | *No Session* | *No Session* | *No Session* | *No Session* |
| 2:00 pm | *HOLIDAY* | Goal Setting & Time Management (Zoom) | Motivation (Zoom) | Taking Care of You (Zoom) | Stress Management (Zoom) |
| 4:00 pm | *HOLIDAY* | *No Session* | *No Session* | *No Session* | *No Session* |

### Week 3

| Time | Monday, Jan. 23 | Tuesday, Jan. 24 | Wednesday, Jan. 25 | Thursday, Jan. 26 | Friday, Jan. 27 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | *No Session* | Goal Setting & Time Management (Zoom) | Journey to Academic Success | Art of Small Talk | *No Session* |
| 2:00 pm | Be the CEO of You | Preparing for Tests (Zoom) | Taking Care of You (Zoom) | Teamwork & Resolving Conflict | Reading for Success |
| 4:00 pm | Public Speaking (Zoom) | Stress Management | Communicating w/Faculty | Motivation (Zoom) | *No Session* |

### Week 4

| Time | Monday, Jan. 30 | Tuesday, Jan. 31 | Wednesday, Feb. 1 | Thursday, Feb. 2 | Friday, Feb. 3 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | Preparing for Tests (Zoom) | Communicating w/Faculty (Zoom) | *No Session* | Reading for Success | Public Speaking (Zoom) |
| 2:00 pm | Stress Management | Journey to Academic Success (Zoom) | *No Session* | Goal Setting & Time Management | Motivation |
| 4:00 pm | Art of Small Talk (Zoom) | Teamwork & Resolving Conflict | Be the CEO of You | Taking Care of You (Zoom) | *No Session* |

### Week 5

| Time | Monday, Feb. 6 | Tuesday, Feb. 7 | Wednesday, Feb. 8 | Thursday, Feb. 9 | Friday, Feb. 10 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | Reading for Success (Zoom) | *No Session* | Stress Management | Journey to Academic Success | Taking Care of You (Zoom) |
| 2:00 pm | Teamwork & Resolving Conflict | Art of Small Talk (Zoom) | Preparing for Tests (Zoom) | Communicating w/Faculty | *No Session* |
| 4:00 pm | Goal Setting & Time Management (Zoom) | Public Speaking | Motivation | Be the CEO of You (Zoom) | *No Session* |

### Week 6

| Time | Monday, Feb. 13 | Tuesday, Feb. 14 | Wednesday, Feb. 15 | Thursday, Feb. 16 | Friday, Feb. 17 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | *No Session* | Taking Care of You (Zoom) | Teamwork & Resolving Conflict | Be the CEO of You | Art of Small Talk (Zoom) |
| 2:00 pm | Communicating w/Faculty | Motivation (Zoom) | Public Speaking (Zoom) | Stress Management | Goal Setting & Time Management |
| 4:00 pm | Goal Setting & Time Management (Zoom) | *No Session* | Reading for Success | Preparing for Tests (Zoom) | *No Session* |

### Week 7

| Time | Monday, Feb. 20 | Tuesday, Feb. 21 | Wednesday, Feb. 22 | Thursday, Feb. 23 | Friday, Feb. 24 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | *HOLIDAY* | Teamwork & Resolving Conflict (Zoom) | Reading for Success | Public Speaking | Stress Management (Zoom) |
| 2:00 pm | *HOLIDAY* | Goal Setting & Time Management (Zoom) | Journey to Academic Success (Zoom) | Art of Small Talk | Motivation |
| 4:00 pm | *HOLIDAY* | Preparing for Tests | Communicating w/Faculty | Taking Care of You (Zoom) | *No Session* |

### Week 8

| Time | Monday, Feb. 27 | Tuesday, Feb. 28 | Wednesday, Mar. 1 | Thursday, Mar. 2 | Friday, Mar. 3 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | Goal Setting & Time Management (Zoom) | Journey to Academic Success (Zoom) | *No Session* | Communicating w/Faculty | Preparing for Tests (Zoom) |
| 2:00 pm | Public Speaking | Taking Care of You (Zoom) | Be the CEO of You (Zoom) | Teamwork & Resolving Conflict | Reading for Success |
| 4:00 pm | *No Session* | Stress Management | Art of Small Talk | Motivation (Zoom) | *No Session* |

### Week 9

| Time | Monday, Mar. 6 | Tuesday, Mar. 7 | Wednesday, Mar. 8 | Thursday, Mar. 19 | Friday, Mar. 10 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | Communicating w/Faculty (Zoom) | *No Session* | Teamwork & Resolving Conflict | *No Session* | Public Speaking (Zoom) |
| 2:00 pm | Stress Management | Motivation (Zoom) | Preparing for Tests (Zoom) | Reading for Success | Art of Small Talk |
| 4:00 pm | Taking Care of You (Zoom) | Be the CEO of You | Goal Setting & Time Management | Journey to Academic Success (Zoom) | *No Session* |

### Week 10

| Time | Monday, Mar. 13 | Tuesday, Mar. 14 | Wednesday, Mar. 15 | Thursday, Mar. 16 | Friday, Mar. 17 |
| --- | --- | --- | --- | --- | --- |
| 10:00 am | Journey to Academic Success (Zoom) | Art of Small Talk (Zoom) | Motivation | *No Session* | *No Session* |
| 2:00 pm | Preparing for Tests | Communicating w/Faculty (Zoom) | Taking Care of You (Zoom) | Be the CEO of You | Teamwork & Resolving Conflict |
| 4:00 pm | Goal Setting & Time Management (Zoom) | Public Speaking | Stress Management | Goal Setting & Time Management (Zoom) | *No Session* |