

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	<i>HOLIDAY</i>	<i>No Session</i>	<i>No Session</i>	<i>No Session</i>	<i>No Session</i>
2:00 pm	<i>HOLIDAY</i>	Goal Setting & Time Management (Zoom)	Motivation (Zoom)	Taking Care of You (Zoom)	Stress Management (Zoom)
4:00 pm	<i>HOLIDAY</i>	<i>No Session</i>	<i>No Session</i>	<i>No Session</i>	<i>No Session</i>

Week 3

Time	Monday, Jan. 23	Tuesday, Jan. 24	Wednesday, Jan. 25	Thursday, Jan. 26	Friday, Jan. 27
10:00 am	<i>No Session</i>	Goal Setting & Time Management (Zoom)	Journey to Academic Success	Art of Small Talk	<i>No Session</i>
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)	<i>No Session</i>

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)	<i>No Session</i>	Reading for Success	Public Speaking (Zoom)
2:00 pm	Stress Management	Journey to Academic Success (Zoom)	<i>No Session</i>	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)	<i>No Session</i>

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)	<i>No Session</i>	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	<i>No Session</i>
4:00 pm	Goal Setting & Time Management (Zoom)	Public Speaking	Motivation	Be the CEO of You (Zoom)	<i>No Session</i>

Week 6

Time	Monday, Feb. 13	Tuesday, Feb. 14	Wednesday, Feb. 15	Thursday, Feb. 16	Friday, Feb. 17
10:00 am	<i>No Session</i>	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)	<i>No Session</i>	Reading for Success	Preparing for Tests (Zoom)	<i>No Session</i>

Week 7

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

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)	<i>No Session</i>	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	<i>No Session</i>	Stress Management	Art of Small Talk	Motivation (Zoom)	<i>No Session</i>

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)	<i>No Session</i>	Teamwork & Resolving Conflict	<i>No Session</i>	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)	<i>No Session</i>

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	<i>No Session</i>	<i>No Session</i>
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)	<i>No Session</i>