THE CENTER FOR STUDENT SUCCESS
PRESENTS

EXECUTIVE FUNCTIONING WORKSHOPS

Figure out how to prioritize your to-do list, get unstuck on your assignment, send that email you've been worrying about, and more!

TUESDAYS 4:30-5:30 PM

SCIENCE CENTER | ROOM A247

All drop-in sessions are led by Obies who can help you get organized, and snacks are provided!

9/17: Big picture planning: How to not over-commit this semester
9/24: Creating a daily schedule (and prioritizing it)
10/1: Communicating with your professors (they are humans, too)
10/8: Growth mindset & celebrating progress
10/15: Working through writing anxiety
10/29: P/NP and W options & class registration for spring
11/5: How to overcome shame and get back to class
11/12: Planning for Winter Term
11/19: Self-care & managing stress
11/26: Balance/letting go (something is better than nothing)
12/3: Educational incompletes & end-of-semester resources
12/10: Game-plan for finals & celebrate the end of the semester

To schedule a one-on-one meeting, visit https://bit.ly/2GGr2tV