

Sept/Oct 2023 Workshop Schedule



UNIVERSITY OF NEW ENGLAND
Student Support
Student Academic Success Center

Times listed in **BLACK** held on campus - Times listed in **BLUE** held via Zoom

Advance sign-up required for ALL workshops at une.tutortrac.com, search by workshop title

Monday	Tuesday	Wednesday	Thursday
SEPTEMBER	5 2pm ePortfolio -Commons 206C	6 9:30am NoteTaking -Commons 227 11am Study Cycle -Commons 227	7 7pm ePortfolio -Commons 206C
11 2pm Tips for Success in BIO -Decary210 7pm ePortfolio -Commons 206C	12 2pm NoteTaking -Commons 227 4pm ePortfolio -Commons 206C	13 9:30am Study Cycle -Commons 227 11am NoteTaking -Commons 227	14 7pm ePortfolio -Commons 206C
18 2pm Study Tips for Gen Chem -Decary210 5pm Reading for PSY105 -Commons 320 7pm ePortfolio -Commons 206C	19 2pm ePortfolio -Commons 206C	20 11am Procrastination -Commons 227 3:30pm Test Strategy -Commons 227	21 5pm Time Management -Commons 320
25 5pm Time Management -Commons 320	26 4pm ePortfolio -Commons 206C	27 9:30am Tips for Success in BIO -ACHS 106 11am Test Strategy -Commons 227	28 3:30pm Test Strategy -Commons 227 5pm Reading for PSY105 -Commons 320
OCTOBER	3 3:30pm Test Anxiety -Commons 227 7pm Tips for Success in BIO -zoom	4 9:30am Study Tips for Gen Chem -Marcil 303 11am Test Anxiety -Commons 227 3:30pm Reading a Scientific Article -Marcil 303	5
9	10 7pm Study Tips for Gen Chem -zoom	11 10am-12pm Elevate College Learning CONFERENCE -Commons 204 *see topics described on other side	12
16	17 Celebrating Neurodiversity 6pm Normal Isn't Real film screening and panel discussion-Ripich Commons First Floor	18 Celebrating Neurodiversity 6pm Normal Isn't Real film screening and panel discussion-WCHP Lecture Hall in Portland and live streamed	19



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Sept/Oct 2023 Workshop Descriptions

***Beyond Metacognition:** Learn self-regulation strategies based on current learning theory and brain science – and leave the session with tools for all kinds of brains to stay motivated to use them.

EPortfolio: Launch your ePortfolio with one of our DigiSpace team. Learn to adjust your site's visibility and customize it to represent you and your interests. Yours is not "just another UNEportfolio!"

***Maximize Your Learning in Biology:** Use the study cycle to build an effective weekly study routine for BIO104, BIO105, or MAR105.

Note Taking/Making: How to plan for and take good notes, then use them to *make* better notes. Cornell notes and concept map techniques demonstrated.

Procrastination: Learn research based self-regulation strategies that actually work and understand how empathetic support can help you unpack your excuses and GET STUFF DONE.

***Reading for PSY105:** Learn strategies to handle the reading load in PSY 105 and get the most from your reading.

Reading a Scientific Article: Reading is not a one-strategy-fits-all task. This workshop offers specific guidance to read scientific articles.

Study Cycle: How a metacognitive study cycle leads to more effective learning.

Success in BIO: Learn what to do before, during, and after lab and class to succeed in your biology course.

Study Tips for Gen Chem: Tips to help you prepare for class and lab, solve problems, and stay on top of your chemistry work.

Test Anxiety: Understanding where test anxiety comes from is the first step in conquering it. Takeaway specific tools you can use to help reduce or even eliminate it.

Test Strategy: A before, during, and after breakdown of test strategy, including the common pitfalls of multiple choice and other exams.

Time Management: Tips for using backward planning to organize and stay on top of your semester assignments.

***Elevation for YOUR Future: Knowing Yourself, Appreciating Your Brain, and Achieving Your Goals!**

As a Nor'easter, you're on the rise! This session will celebrate your uniqueness as a person and student as you start your journey toward achieving your higher education goals. Recognizing what you bring to the UNE community – both strengths and areas of challenge – will prepare you to make the most of the fun, challenging, and life-changing educational experience ahead. Join Dr. Adam Lalor, Vice President of Landmark College, to hear about how you can elevate yourself by better knowing and appreciating your unique brain!