# Academic Success Workshops

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<tr>
<th>Academic Success Workshop Description</th>
<th>Date / Time / Link</th>
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| **Timing is Everything**<br>Learn how to prioritize, make effective lists, and become better at time management. | Thursday, September 17 1 - 2 p.m.  
[Click Here to Access](#) |
| **#Goals**<br>Feeling unmotivated? Learn the skills needed to beat procrastination and set & achieve realistic goals. | Tuesday, September 29 1 - 2 p.m.  
[Click Here to Access](#) |
| **No Stress Zone with Wellness and Health Promotion Services**<br>This workshop collaboration with WHPS will help you learn more about where stress and test anxiety comes from and how to overcome it for your next exam. | Tuesday, October 6 1 - 2 p.m.  
[Click Here to Access](#) |
| **Mind Meld: Study Habits & Metacognition**<br>Learn from our experts the tricks of the trade on metacognition and how to best prepare for your exams. | Tuesday, October 13 1 - 2 p.m.  
[Click Here to Access](#) |
| **Beyond a Bachelor’s with Academic Advancement Programs**<br>This collaboration with AAP can help you prepare for graduate school or other forms of higher education. | Thursday, November 5 1 - 2 p.m.  
[Click Here to Access](#) |
| **The Final Countdown: Preparing for Finals**<br>Are you starting to feel overwhelmed in preparing for final exams? Learn how to regain control and make finals week successful. | Tuesday, November 17 1 - 2 p.m.  
[Click Here to Access](#) |
| **SARC Study Union Final Review Sessions**<br>SARC student staff host 50 - 80+ final review sessions throughout the event. Visit the Study Union website for this semester’s schedule of final review sessions online starting the weekend before finals. | Online  
Dates & Times: TBD |
| **Access Granted: 24/7 Online On-Demand Academic Resources**<br>Looking for even more learning assistance? Check out SARC’s repository of online support resources by visiting our website. | [http://sarconline.sdes.ucf.edu/](http://sarconline.sdes.ucf.edu/) |

Want to learn more about our Academic Success Workshops? Scan the QR Code below! All of our workshops will be livestreamed and recorded for future access.

**Contact Us:**  
Trevor Colbourn Hall 117  
University of Central Florida  
12796 Aquarius Agora Dr.  
Orlando, FL 32816  
Phone: 407-823-5130  
academicsuccess.ucf.edu/sarc  
@UCFSARC

**NEW STUDENTS CAN EARN 1,000 LINK LOOT POINTS FOR WORKSHOP ATTENDANCE!**

**STUDENT ACADEMIC RESOURCE CENTER**  
Division of Student Learning and Academic Success
## Peer Tutoring
Group-based peer tutoring to undergraduate UCF students. No appointment is necessary and schedules can be found on our website or at tutoring locations on campus. Subject areas include: Accounting, Statistics, Chemistry, Biology, Physics, Engineering, Computer Science, Human Physiology.

## Supplemental Instruction (SI)
Weekly study sessions for historically-difficult undergraduate courses. Attendees average ½ to 1 letter grade higher on midterms and final grades. Subject areas: Chemistry, Biology, Physics, Genetics, Anatomy, Physical Science, Engineering, Computer Science, and selected Mathematics sections.

## One-on-One Peer Tutoring
Individual peer tutoring for students enrolled in undergraduate courses in STEM and Business classes. Sessions are one hour in length and appointments must be scheduled online in advance. Please note you can only make appointments for classes you are currently enrolled in.

## Online Instructional Peer Mentoring
The OIPC Program provides one-on-one support to UCF students. OIPC coaches guide students on how to navigate online courses. This includes how to use Webcourses, understanding different online course modalities, identifying barriers that could prevent success, and using the syllabus to map a plan for completing the course.

## Academic Coaching & Engagement (ACE)
Academic coaches help program participants develop important academic and life skills such as organization, time management, goal setting and study skills. Available for Fall and Spring semesters.

## Academic Success Workshop Series
A free workshop series focusing on college level learning and study skills such as: avoiding procrastination, time management, notetaking, final exam preparation, and overcoming test anxiety. Workshops are recorded and available to view at any time via Panopto.

## Online Resources
SARC Online (http://sarconline.sdes.ucf.edu) has many study skills tools to help students determine where they are in their learning, and to improve in specific courses.

## Study Union
Each fall and spring semester, SARC partners with UCF’s Student Union to provide UCF students with academic support and final review sessions during final exam week.

Upon reasonable and advanced request, the Student Academic Resource Center will facilitate access and reasonable accommodations to ensure services, programs and activities sponsored by SARC are accessible. Please contact sarc@ucf.edu to discuss accessibility for these events.

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[acadeemicsuccess.ucf.edu/sarc](acadeemicsuccess.ucf.edu/sarc)  
[@UCFSARC](https://twitter.com/UCFSARC)