



UCF

# Fall 2023 Academic Outreach Programming

## Student Academic Resource Center

Academic Success Workshop Description	Date / Time / Place
<p><b>Time Management: How To Seriously Manage Your Life</b> Do you want to have a more productive day? Learn how to prioritize by creating goals, making lists and develop a routine!</p>	<p>Wednesday, September 20th 11:00a.m.-12:00p.m. <a href="#">Cedar Key SU 223 &amp; Zoom</a></p>
<p><b>Study Skills: The Leading Edge for Academic Success</b> Do you want to transform your grades? Learn study strategies that will help you do more than improve your grades, but help you understand the material better and succeed!</p>	<p>Thursday, September 28th 3:00p.m. - 4:00p.m. <a href="#">Cedar Key SU 223 &amp; Zoom</a></p>
<p><b>Reduce Your Test-Taking Anxiety</b> Learn where your stress and test anxiety comes from and how to overcome it for your next exam!</p>	<p>Thursday, October 5th 1:00p.m.-2:00p.m. <a href="#">Cedar Key SU 223 &amp; Zoom</a></p>
<p><b>Self Care/Wellness: Destress Your Way to Success</b> Feeling overwhelmed and stressed out? Learn how to prioritize self-care while balancing your schoolwork!</p>	<p>Thursday, October 19th 11:00 a.m.-12:00p.m. <a href="#">Cedar Key SU 223 &amp; Zoom</a></p>
<p><b>Motivation and Persistence: Putting a Stop to Procrastination</b> Do you feel unmotivated? You will learn strategies you can use to beat procrastination and achieve your academic goals.</p>	<p>Tuesday, November 7th 1:00pm - 2:00pm <a href="#">Cedar Key SU 223 &amp; Zoom</a></p>
<p><b>The Final Countdown: Preparing for Finals</b> Do you want to excel on your final exams? You will learn how to successfully prepare for finals without overwhelming yourself.</p>	<p>Thursday, November 30th 4:00pm - 5:00pm <a href="#">Cedar Key SU 223 &amp; Zoom</a></p>
<p><b>SARC Study Union Final Review Sessions</b> 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.</p>	<p>@UCF Student Union Dates &amp; Times: TBD</p>
<p><b>Access Granted: 24/7 Online On-Demand Academic Resources</b> Looking for even more learning assistance? Check out SARC's repository of online support resources by visiting our website.</p>	<p><a href="https://academicsuccess.ucf.edu/sarc/">https://academicsuccess.ucf.edu/sarc/</a></p>

Log into Penji and join the event to access a workshop!

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



### Contact Us:

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STUDENT ACADEMIC RESOURCE CENTER  
Division of Student Success and Well-Being