



FALL 2025 ACADEMIC OUTREACH PROGRAMMING

STUDENT ACADEMIC RESOURCE CENTER

ACADEMIC SUCCESS WORKSHOP

DATE/TIME/PLACE

SUCCESS BY THE HOUR: MAKE EVERY MINUTE COUNT

Learn how to plan effectively, set priorities, and manage your schedule so you can study smarter—not harder. Discover time management tools, strategies to overcome procrastination, and tips for staying organized even during the busiest parts of the semester.

Tuesday, September 9th
11:00 AM – 11:50 AM
Zoom

MATH MASTERY: STRATEGIES FOR SOLVING WITH CONFIDENCE

This workshop is designed to help you build the skills and the mindset you need to tackle math with clarity and assurance. Learn effective problem-solving techniques, ways to approach different types of math questions, and strategies to reduce math anxiety.

Monday, September 22nd
3:00 PM – 3:50 PM
TCH 151 & Zoom

ORGANIC CHEMISTRY UNLOCKED: FROM CONFUSION TO CLARITY

This workshop breaks down complex concepts into manageable parts, helping you understand the why behind the what. Learn proven strategies for mastering mechanisms, organizing information, and recognizing patterns that make organic chemistry more intuitive.

Tuesday, October 7th
3:00 – 3:50 PM
TCH 335 & Zoom

PROCRASTINATION: LATER STOPS NOW – A PRACTICAL GUIDE TO TAKING ACTION

This workshop will help you break the cycle of delay, boost your motivation, and build habits that support consistent progress. Whether you're avoiding assignments, readings, or bigger goals, this session gives you the tools to take action now, not later.

Wednesday, October 22nd
4:30 – 5:20 PM
Zoom

MOTIVATION & PERSISTENCE: KEEP GOING: HOW TO STAY MOTIVATED WHEN IT GETS TOUGH

This is a supportive, strategy-packed workshop that helps you reconnect with your goals, build resilience, and develop habits that keep you moving forward even when motivation dips.

Monday, November 3rd
11:00 AM – 11:50 AM
Zoom

FINAL EXAMS PREP: READY, SET, REVIEW: FINAL EXAM PREP THAT WORKS

You'll learn proven strategies to prepare for final exams with less stress and more confidence. This workshop will show you how to create an effective study plan, review actively, manage your time, and stay focused when it matters most.

Tuesday, November 18th
1:00 – 1:50 PM
TCH 151 & Zoom

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

CONTACT US:

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