



UCF

Spring 2025 Academic Outreach Programming

Student Academic Resource Center

Academic Success Workshop Description	Date / Time/ Place
<p>From Overwhelmed to Organized: Mastering Time Management for Busy Lives</p> <p>Feeling overwhelmed by your endless to-do list? Struggling to balance work, family, personal goals, and everything in between? This workshop is designed to help you take control of your time and master the art of time management, so you can reduce stress, increase productivity, and live a more organized, fulfilling life.</p>	<p>Tuesday, January 28th, 2025 11:00 a.m. - 11:50 a.m. TCH 351 & Zoom</p>
<p>Learning Your Way: Study Strategies for Different Learning Styles</p> <p>Are you struggling to find the study techniques that work best for you? Everyone learns differently, and understanding your unique learning style can dramatically improve how you absorb, retain, and apply information. In this workshop, we will dive into science of learning styles and explore tailored strategies to help you study more effectively based on how you learn best.</p>	<p>Thursday, February 13th, 2025 1:00 p.m. - 1:50 p.m. Zoom</p>
<p>Beating Procrastination: Study Strategies to Get You Going and Keep You Going</p> <p>Procrastination can be the biggest barrier to academic success. Whether it's putting off assignments until last minute, avoiding studying for exams, or simply getting distracted when you should be focused, procrastination is a challenge many students face. If you have ever struggled to get started or maintain momentum, this workshop is for you!</p>	<p>Thursday, February 27th, 2025 1:00p.m. - 1:50p.m. Zoom</p>
<p>Mind Over Matter: Effective Study Strategies for Psychology Students</p> <p>Psychology courses can be both fascinating and challenging, with complex theories, research methods, and key concepts to master. In this interactive workshop, we will explore proven study strategies designed specifically for psychology students to help you succeed in your coursework and exams. Whether you are grappling with dense reading materials, preparing for tests, or writing research papers, this session will provide you with the tools you need to study smarter, not harder.</p>	<p>Thursday, March 6th, 2025 3:00 p.m. - 3:50 p.m. TCH 151 & Zoom</p>
<p>Code Your Success: Study Strategies for Mastering Computer Science</p> <p>Computer Science can be an exciting and rewarding field, but it also comes with its own unique challenges - from mastering complex algorithms to debugging code and understanding intricate systems. In this workshop, we will guide you through effective study strategies tailored specifically for computer science students. Whether you are struggling with programming concepts, preparing for coding exams, or tackling large-scale projects, this session will provide you with the tools and techniques to boost your understanding and performance.</p>	<p>Wednesday, April 9th, 2025 1:00 p.m. - 1:50 p.m. TCH 151 & Zoom</p>
<p>Final Countdown: Smart Study Strategies for Exam Week Success</p> <p>As final exams approach, the pressure can feel overwhelming. But with the right strategies, you can tackle your exam week with confidence and clarity. This workshop is designed to help you maximize your study time, reduce stress, and perform your best when it counts. Whether you are preparing for multiple exams, struggling with procrastination, or trying to balance your time effectively, this session will provide practical study strategies to help you navigate the final countdown.</p>	<p>Wednesday, April 16th, 2025 2:00 p.m. - 2:50 p.m. TCH 201 & Zoom</p>
<p>SARC Final Review Sessions</p> <p>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.</p>	<p>@UCF Student Union Dates & Times: TBD</p>
<p>Access Granted: 24/7 Online On-Demand Academic Resources</p> <p>Looking for even more learning assistance? Check out SARC's repository of online support resources by visiting our website.</p>	<p>https://academicsuccess.ucf.edu/sarc/</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.



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