



# Summer 2025 Academic Outreach Programming

## Student Academic Resource Center

Academic Success Workshop Description	Date/Time/Place
<p><b>Less Stress, More Success: Time Tools for a Balanced College Life</b></p> <p>Feeling overwhelmed by assignments, exams, and everything in between? You are not alone! This interactive workshop is designed to help you take control of your time and reduce stress, so you can stay on top of your academics and enjoy college life. Learn practical strategies for managing your schedule, setting priorities, beating procrastination, and creating balance.</p>	<p><b>Wednesday, July 9<sup>th</sup>, 2025</b> <b>11:00am - 11:50am</b> <b><u>Zoom</u></b></p>
<p><b>Master Your Mind: Winning the Study Game</b></p> <p>Unlock powerful study strategies to help you focus better, retain more, and study smarter—not harder. This workshop will give you the tools to take control of your learning, boost confidence, and crush your next exam.</p>	<p><b>Tuesday, July 15<sup>th</sup>, 2025</b> <b>12:00pm - 12:50pm</b> <b><u>Zoom</u></b></p>
<p><b>Own the Exam: Confidence Through Preparation</b></p> <p>Say goodbye to last-minute cramming and test-day stress! This workshop will show you how to prepare effectively, manage exam stress, and build the confidence you need to perform your best when it counts.</p>	<p><b>Thursday, July 24<sup>th</sup>, 2025</b> <b>1:00pm - 1:50pm</b> <b><u>Zoom</u></b></p>
<p><b>Access Granted: 24/7 Online On-Demand Academic Resources</b> <b>Looking for even more learning assistance? Check out SARC's repository of online support resources by visiting our website.</b></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!**

**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](https://academicsuccess.ucf.edu/sarc)

@UCFSARC



STUDENT ACADEMIC  
RESOURCE CENTER

Division of Student Success  
and Well-Being

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

