

LAUNCH FALL WORKSHOPS

Schedule

FALL 2024

FEATURED EVENT

READY, SET, PLAN!

This **in-person** planner creation workshop will jumpstart your semester. Bring your blank planner and syllabi and leave with a completed planner and tips for making the most of your time this semester! **SNACKS WILL BE PROVIDED!**

Wed, Aug. 28th
12:00-2:00 PM
in Cougar Village 1
N109 B

IN-PERSON WORKSHOPS

These workshops will be hosted **in-person** in Cougar Village 1, Room N109 B. They are free, drop-in workshops, that will last for 50 minutes where snacks will be provided!

WEEK	TOPIC	DATE/ TIME	LOCATION
3	Freshman's Declassified: University Survival Guide , Lynch	Wed. Sept. 4 @ 3:00 pm	CV 1, N109 B
6	Manifesting Your Way to an "A" , Hall	Tues. Sept. 24 @ 3:00 pm	CV 1, N109 B
9	Self-care: You Gotta Nourish to Flourish , Hall	Tues. Oct. 15 @ 3:00 pm	CV 1, N109 B
10	G.R.I.T: Develop a Growth Mindset to Reach Your Goals , Hall	Tues. Oct. 22 @ 3:00 pm	CV 1, N109 B

RECURRING WORKSHOP

ADD/ADHD Workshops for UH students

For 8 weeks, focus on new topics each week such as time-management, mindfulness, procrastination, concentration, etc. Get expert tips in a supportive environment!

Every Tuesday from 4-5 pm starting 9/10 in Cougar Village 1, Rm N109 B

To register/ Learn more information: Contact Laura Heidel, Ph.D. , at lheidel@uh.edu



713-743-5411



@uhlaunch



launch@central.uh.edu