

**TEAMS WORKSHOPS**

**\*WORKSHOPS ARE FREE, DROP-IN AND LAST 50 MINUTES.\***

**REGISTRATION:**

1. Download Microsoft Teams and sign in with your CougarNet login.
2. **"Join or Create team"** button then input our code **umt0dfa** (zero in the middle) to join our Workshop group!
3. At the time of the workshop go to our Teams site and click the "join" button to attend.

WEEK	TOPIC	DATE/TIME
1	Strategies for a Great Semester, Heidel	Wed. 8/21 @ 2:00 pm
2	Make a Note about this workshop: Note taking, College Edition, Hall	Tues. 8.27 @ 3:00 pm
4	Tips for Learning Math: Make Math Your Best Subject!, Heidel	Thurs. 9/12 @ 4:00 pm
5	Test Prep Secrets-Ace Your Test, Heidel	Tues, 9/17 @ 11:00 am
6	Focus on this: Concentration Workshop, Heidel	Mon. 9/23 @ 4:00 pm
7	The Science Behind Forming Different Study Habits, Heidel	Wed. 10/2 @ 4:00 pm
8	Procrastination: Don't Put this off! Heidel	Mon. 10/7 @ 4:00 pm
11	Sleep Learning: Improve your Memory, Improve your Grades, Hall	Tues. 10/29 @ 3:00 pm
12	No Fear Test Taking: Reducing Test Anxiety, Heidel	Wed. 11/6 @ 4:00 pm
13	Time Management: Strategies for Finals to Ace your Exams, Hall	Tues. 11/12 @ 3:00 pm
14	Reduce your Test Anxiety for Finals, Heidel	Wed. 11/20 @ 3:00 pm



713-743-5411



@uhlaunch



launch@central.uh.edu