

Achievement Workshop Calendar - Spring 2024

Academic Support & Achievement Center (ASAC)

Workshops Available Online Only

Workshops Are in Canvas “BS-LRN50-0-44182.202340” Class (CRN #44182)

See “Instructions for Attending Workshops” document for how to sign up.

Workshops Are Available to the Entire Campus Community

<https://www.mtsac.edu/asac/achievement-workshops/>

www.mtsac.edu/asac, Or Call (909) 274-4300.

Schedule Is Subject to Change; Please Visit Our Website to Find the Most Current Schedule

March 4, Monday

- 11:30am-12:00pm - Boundaries for Academic Success
- 3:00pm-3:30pm - Overcoming Procrastination
- 6:00pm-6:30pm - Critical Thinking in Academics

March 5, Tuesday

- 11:30-12:00pm – Critical Thinking in Academics
- 3:00-3:30pm – Monthly Follow-up: Process and Progress
- 6:00-6:30pm - Monthly Follow-up: Process and Progress

March 6, Wednesday

- 11:30-12:00pm – Locus of Control
- 3:00-3:30pm – Remember what you Read
- 6:00-6:30pm – Clarify Priorities for Academics

March 7, Thursday

- 11:30-12:00pm – Monthly Follow-up: Process and Progress
- 3:00-3:30pm – Visual Learning Strategies
- 6:00-6:30pm - Power of Expectations in Academics

March 8, Friday

- 11:30-12:00pm – Power of Expectations in Academics
- 1:30- 2:00pm – Time Management
- 3:00-3:30pm – Organize your Semester

March 11, Monday

- 11:30-12:00pm – Locus of Control
- 3:00-3:30pm – Time Management
- 6:00-6:30pm – Emotional Intelligence in Academics

March 12, Tuesday

- 11:30-12:00pm – Success in Everyday Life
- 3:00-3:30pm – Learning Styles & Strategies
- 6:00-6:30pm – Critical Thinking in Academics

Achievement Workshops – Spring 2024

March 13, Wednesday

- 11:30-12:00pm – Note Taking Essentials
- 3:00-3:30pm – Pass Quizzes & Tests
- 6:00-6:30pm – Remember what you Read

March 14, Thursday

- 11:30-12:00pm – Overcoming Procrastination
- 3:00-3:30pm – Power of Expectations in Academics
- 6:00-6:30pm – Clarify Priorities for Academics

March 15, Friday

- 11:30-12:00pm – Time Management
- 1:30-2:00pm – Pass Quizzes & Tests
- 3:00-3:30pm – Boundaries for Academic Success

March 18, Monday

- 11:30-12:00pm – Time Management
- 3:00-3:30pm – Locus of Control
- 6:00-6:30pm – Asking for Help in Academics

March 19, Tuesday

- 11:30-12:00pm – Academic Mindset
- 3:00-3:30pm – Coping Strategies for Academics
- 6:00-6:30pm – Clarify Priorities for Academics

March 20, Wednesday

- 11:30-12:00pm – Learning Styles & Strategies
- 3:00-3:30pm – Critical Thinking in Academics
- 6:00-6:30pm – Remember what you Read

March 21, Thursday

- 11:30-12:00pm – Boundaries for Success in Academics
- 3:00-3:30pm – Spreadsheet Tools
- 6:00-6:30pm – Overcoming Procrastination

March 22, Friday

- 11:30-12:00pm – Memory Techniques
- 1:30-2:00pm – Power of Expectations in Academics
- 3:00-3:30pm – Learning Styles & Strategies

March 25, Monday

- 11:30-12:00pm – Overcoming Procrastination
- 3:00-3:30pm – Presentation Tools
- 6:00-6:30pm – Pass Quizzes & Tests

Achievement Workshops – Spring 2024

March 26, Tuesday

- 11:30-12:00pm – Time Management
- 3:00-3:30pm – Memory Techniques
- 6:00-6:30pm – Asking for Help in Academics

March 27, Wednesday

- 11:30-12:00pm – Power of Expectations in Academics
- 3:00-3:30pm – Boundaries for Academic Success
- 6:00-6:30pm – Overcoming Procrastination

March 28, Thursday

- 11:30-12:00pm – Emotional Intelligence in Academics
- 3:00-3:30pm – Visual Learning Strategies
- 6:00-6:30pm – Time Management

March 29, Friday

- 11:30-12:00pm – Success in Everyday Life
- 1:30-2:00pm – Locus of Control
- 3:00-3:30pm – Coping Strategies for Academics

April 1, Monday

- Holiday – Campus Closed

April 2, Tuesday

- 11:30am-12:00pm – Visual Learning Strategies
- 3:00pm – 3:30pm – Clarify Priorities for Academics
- 6:00pm – 6:30pm – Coping Strategies for Academics

April 3, Wednesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Memory Techniques
- 6:00pm – 6:30pm – Asking for Help in Academics

April 4, Thursday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Pass Quizzes & Tests
- 6:00pm – 6:30pm – Emotional Intelligence in Academics

April 5, Friday

- 11:30am-12:00pm – Learning Styles & Strategies
- 1:30pm – 2:00pm – Locus of Control
- 3:00pm – 3:30pm – Overcoming Procrastination

Achievement Workshops – Spring 2024

April 8, Monday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Locus of Control
- 6:00pm – 6:30pm – Asking for Help in Academics

April, 9 Tuesday

- 11:30am-12:00pm – Academic Mindset
- 3:00pm – 3:30pm – Coping Strategies for Academics
- 6:00pm – 6:30pm – Monthly Follow-up: Process and Progress

April 10, Wednesday

- 11:30am-12:00pm – Learning Styles & Strategies
- 3:00pm – 3:30pm – Critical Thinking in Academics
- 6:00pm – 6:30pm – Remember what you Read

April 11, Thursday

- 11:30am-12:00pm – Monthly Follow-up: Process and Progress
- 3:00pm – 3:30pm – Power of Expectations in Academics
- 6:00pm – 6:30pm – Overcoming Procrastination

April 12, Friday

- 11:30am-12:00pm – Memory Techniques
- 1:30pm – 2:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Learning Styles & Strategies

April 15, Monday

- 11:30am-12:00pm – Final Exams First Aid
- 3:00pm – 3:30pm – Presentation Tools
- 6:00pm – 6:30pm – Pass Quizzes & Tests

April 16, Tuesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Emotional Intelligence in Academics
- 6:00pm – 6:30pm – Organize your Semester

April 17, Wednesday

- 11:30am-12:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Boundaries for Academic Success
- 6:00pm – 6:30pm – Overcoming Procrastination

April 18, Thursday

- 11:30am-12:00pm – Emotional Intelligence in Academics
- 3:00pm – 3:30pm – Visual Learning Strategies
- 6:00pm – 6:30pm – Time Management

Achievement Workshops – Spring 2024

April 19, Friday

- 11:30am-12:00pm – Success in Everyday Life
- 1:30pm – 2:00pm – Locus of Control
- 3:00pm – 3:30pm – Coping Strategies for Academics

April 22, Monday

- 11:30am-12:00pm – Critical Thinking in Academics
- 3:00pm – 3:30pm – Notetaking Essentials
- 6:00pm – 6:30pm – Organize your Semester

April 23, Tuesday

- 11:30am-12:00pm – Visual Learning Strategies
- 3:00pm – 3:30pm – Critical Thinking in Academics
- 6:00pm – 6:30pm – Coping Strategies for Academics

April 24, Wednesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Memory Techniques
- 6:00pm – 6:30pm – Asking for Help in Academics

April 25, Thursday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Passing Quizzes & Tests
- 6:00pm – 6:30pm – Emotional Intelligence in Academics

April 26, Friday

- 11:30am-12:00pm – Learning Styles & Strategies
- 1:30pm – 2:00pm – Locus of Control
- 3:00pm – 3:30pm – Overcoming Procrastination

April 29, Monday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Locus of Control
- 6:00pm – 6:30pm – Asking for Help in Academics

April 30, Tuesday

- 11:30am-12:00pm – Academic Mindset
- 3:00pm – 3:30pm – Coping Strategies for Academics
- 6:00pm – 6:30pm – Success in Everyday Life

May 1, Wednesday

- 11:30am-12:00pm – Learning Styles & Strategies
- 3:00pm – 3:30pm – Remember what you Read
- 6:00pm – 6:30pm – Boundaries for Academic Success

Achievement Workshops – Spring 2024

May 2, Thursday

- 11:30am-12:00pm – Emotional Intelligence in Academics
- 3:00pm – 3:30pm – Spreadsheet Tools
- 6:00pm – 6:30pm – Overcoming Procrastination

May 3, Friday

- 11:30am-12:00pm – Memory Techniques
- 1:30pm – 2:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Learning Styles & Strategies

May 6, Monday

- 11:30am-12:00pm – Overcoming Procrastination
- 3:00pm – 3:30pm – Presentation Tools
- 6:00pm – 6:30pm – Pass Quizzes & Tests

May 7, Tuesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Emotional Intelligence in Academics
- 6:00pm – 6:30pm – Monthly Follow-up: Process and Progress

May 8, Wednesday

- 11:30am-12:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Boundaries for Academic Success
- 6:00pm – 6:30pm – Overcoming Procrastination

May 9, Thursday

- 11:30am-12:00pm – Monthly Follow-up: Process and Progress
- 3:00pm – 3:30pm – Visual Learning Strategies
- 6:00pm – 6:30pm – Time Management

May 10, Friday

- 11:30am-12:00pm – Success in Everyday Life
- 1:30pm – 2:00pm – Locus of Control
- 3:00pm – 3:30pm – Coping Strategies for Academics

May 13, Monday

- 11:30am-12:00pm – Critical Thinking in Academics
- 3:00pm – 3:30pm – Note Taking Essentials
- 6:00pm – 6:30pm – Organize your Semester

May 14, Tuesday

- 11:30am-12:00pm – Visual Learning Strategies
- 3:00pm – 3:30pm – Overcoming Procrastination
- 6:00pm – 6:30pm – Coping Strategies for Academics

Achievement Workshops – Spring 2024

May 15, Wednesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Memory Techniques
- 6:00pm – 6:30pm – Asking for Help in Academics

May 16, Thursday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Pass Quizzes & Tests
- 6:00pm – 6:30pm – Emotional Intelligence in Academics

May 17, Friday

- 11:30am-12:00pm – Learning Styles & Strategies
- 1:30pm – 2:00pm – Locus of Control
- 3:00pm – 3:30pm – Overcoming Procrastination

May 20, Monday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Locus of Control
- 6:00pm – 6:30pm – Asking for Help in Academics

May 21, Tuesday

- 11:30am-12:00pm – Academic Mindset
- 3:00pm – 3:30pm – Coping Strategies for Academics
- 6:00pm – 6:30pm – Emotional Intelligence in Academics

May 22, Wednesday

- 11:30am-12:00pm – Learning Styles & Strategies
- 3:00pm – 3:30pm – Critical Thinking in Academics
- 6:00pm – 6:30pm – Remember what you Read

May 23, Thursday

- 11:30am-12:00pm – Organizing your Semester
- 3:00pm – 3:30pm – Spreadsheet Tools
- 6:00pm – 6:30pm – Overcoming Procrastination

May 24, Friday

- 11:30am-12:00pm – Memory Techniques
- 1:30pm – 2:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Learning Styles & Strategies

May 27, Monday

- Holiday – Campus Closed

May 28, Tuesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Overcoming Procrastination
- 6:00pm – 6:30pm – Critical Thinking in Academics

Achievement Workshops – Spring 2024

May 29, Wednesday

- 11:30am-12:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Boundaries for Academic Success
- 6:00pm – 6:30pm – Overcoming Procrastination

May 30, Thursday

- 11:30am-12:00pm – Emotional Intelligence in Academics
- 3:00pm – 3:30pm – Visual Learning Strategies
- 6:00pm – 6:30pm – Time Management

May 31, Friday

- 11:30am-12:00pm – Success in Everyday Life
- 1:30pm – 2:00pm – Locus of Control
- 3:00pm – 3:30pm – Coping Strategies for Academics

June 3, Monday

- 11:30am-12:00pm – Critical Thinking in Academics
- 3:00pm – 3:30pm – Note Taking Essentials
- 6:00pm – 6:30pm – Final Exams First Aid

June 4, Tuesday

- 11:30am-12:00pm – Final Exams First Aid
- 3:00pm – 3:30pm – Time Management
- 6:00pm – 6:30pm – Monthly Follow-up: Process and Progress

June 5, Wednesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Memory Techniques
- 6:00pm – 6:30pm – Asking for Help in Academics

June 6, Thursday

- 11:30am-12:00pm – Monthly Follow-up: Process and Progress
- 3:00pm – 3:30pm – Final Exams First Aid
- 6:00pm – 6:30pm – Emotional Intelligence in Academics

June 7, Friday

- 11:30am-12:00pm – Learning Styles & Strategies
- 1:30pm – 2:00pm – Locus of Control
- 3:00pm – 3:30pm – Overcoming Procrastination