

Achievement Workshop Calendar - Spring 2025

Academic Support & Achievement Center (ASAC)

Workshops Available Online Only

Workshops Are in Canvas “BS-LRN50-0-44206-202540” Class (CRN #44206)

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 10, Monday

- 11:30am-12:00pm – Overcoming Procrastination
- 3:00pm – 3:30pm – The Power of Expectations in Academics
- 6:00pm – 6:30pm – Needs vs. Wants in Academics

March 11, Tuesday

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

March 12, Wednesday

- 11:30am-12:00pm – Boundaries for Academic Success
- 3:00pm – 3:30pm – Time Management
- 6:00pm – 6:30pm – Remember what you Read

March 13, Thursday

- 11:30am-12:00pm – Emotional Intelligence in Academics
- 3:00pm – 3:30pm – Visual Learning Strategies
- 6:00pm – 6:30pm – The Power of Expectations in Academics

March 14, Friday

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

March 17, Monday

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

March, 18 Tuesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Success in Everyday Life
- 6:00pm – 6:30pm – Critical Thinking in Academics

March 19, Wednesday

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

March 20, Thursday

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

March 21, Friday

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

March 24, Monday

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

March 25, Tuesday

- 11:30am-12:00pm – Pass Quizzes & Tests
- 3:00pm – 3:30pm – Coping Strategies for Academics
- 6:00pm – 6:30pm – Emotional Intelligence in Academics

March 26, Wednesday

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

March 27, Thursday

- 11:30am-12:00pm – Organizing your Semester
- 3:00pm – 3:30pm – Emotional Intelligence in Academics
- 6:00pm – 6:30pm – Needs vs. Wants in Academics

March 28, Friday

- 11:30am-12:00pm – Memory Techniques
- 1:30pm – 2:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Pass Quizzes & Tests

March 31, Monday

- Holiday - Campus Closed

April 1, Tuesday

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

April 2, Wednesday

- 11:30am-12:00pm – Power of Expectations in Academics
- 3:00pm – 3:30pm – Remember what you Read
- 6:00pm – 6:30pm – Know your Audience

April 3, Thursday

- 11:30am-12:00pm – Coping Strategies for Academics
- 3:00pm – 3:30pm – Visual Learning Strategies
- 6:00pm – 6:30pm – Final Exams First Aid (1st 8-week classes)

April 4, Friday

- 11:30am-12:00pm – Success in Everyday Life
- 1:30pm – 2:00pm – Final Exams First Aid (1st 8-week classes)
- 3:00pm – 3:30pm – Coping Strategies for Academics

April 7, Monday

- 11:30am-12:00pm – Critical Thinking in Academics
- 3:00pm – 3:30pm – Notetaking Essentials
- 6:00pm – 6:30pm – Goal Setting in Academics

April 8, Tuesday

- 11:30am-12:00pm – Goal Setting in Academics
- 3:00pm – 3:30pm – Time Management
- 6:00pm – 6:30pm – Success in Everyday Life

April 9, Wednesday

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

April 10, Thursday

- 11:30am-12:00pm – Critical Thinking in Academics
- 3:00pm – 3:30pm – Goal Setting in Academics
- 6:00pm – 6:30pm – Emotional Intelligence in Academics

April 11, Friday

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

April 14, Monday

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

April 15, 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 16, Wednesday

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

April 17, Thursday

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

April 18, Friday

- 11:30am-12:00pm – Learning Styles & Strategies
- 1:30pm – 2:00pm – Goal Setting in Academics
- 3:00pm – 3:30pm – Overcoming Procrastination

April 21, Monday

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

April 22, Tuesday

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

April 23, Wednesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Boundaries for Academic Success
- 6:00pm – 6:30pm – Remember what you Read

April 24, Thursday

- 11:30am-12:00pm – Critical Thinking in Academics
- 3:00pm – 3:30pm – Needs vs. Wants in Academics
- 6:00pm – 6:30pm – Success in Everyday Life

April 25, Friday

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

April 28, Monday

- 11:30am-12:00pm – Overcoming Procrastination
- 3:00pm – 3:30pm – Coping Strategies for Academics
- 6:00pm – 6:30pm – Pass Quizzes & Tests

April 29, Tuesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Emotional Intelligence in Academics
- 6:00pm – 6:30pm – Academic Mindset

April 30, Wednesday

- 11:30am-12:00pm – Remember what you Read
- 3:00pm – 3:30pm – Critical Thinking in Academics
- 6:00pm – 6:30pm – Overcoming Procrastination

May 1, Thursday

- 11:30am-12:00pm – Organize your Semester
- 3:00pm – 3:30pm – Visual Learning Strategies
- 6:00pm – 6:30pm – Time Management

May 2, Friday

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

May 5, Monday

- 11:30-12:00pm - Time Management
- 3:00pm – 3:30pm - Needs vs. Wants in Academics
- 6:00pm – 6:30pm - Overcoming Procrastination

May 6, Tuesday

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

May 7, Wednesday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Memory Techniques
- 6:00pm – 6:30pm – Remember what you Read

May 8, Thursday

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

May 9, Friday

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

May 12, Monday

- 11:30am-12:00pm – Asking for Help in Academics
- 3:00pm – 3:30pm – Time Management
- 6:00pm – 6:30pm – Final Exams First Aid (12-week classes)

May 13, Tuesday

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

May 14, 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 15, Thursday

- 11:30am-12:00pm – Organizing your Semester
- 3:00pm – 3:30pm – Final Exams First Aid (12-week classes)
- 6:00pm – 6:30pm – Overcoming Procrastination

May 16, Friday

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

May 19, Monday

- 11:30am-12:00pm – Time Management
- 3:00pm – 3:30pm – Overcoming Procrastination
- 6:00pm – 6:30pm – Needs vs. Wants in Academics

May 20, Tuesday

- 11:30am-12:00pm – Notetaking Essentials
- 3:00pm – 3:30pm – Success in Everyday Life
- 6:00pm – 6:30pm – Critical Thinking in Academics

May 21, 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 22, Thursday

- 11:30am-12:00pm – Organizing your Semester
- 3:00pm – 3:30pm – Overcoming Procrastination
- 6:00pm – 6:30pm – Learning Styles & Strategies

May 23, Friday

- 11:30-12:00pm - Memory Techniques
- 1:30-2:00pm - Power of Expectations in Academics
- 3:00-3:30pm - Memory Techniques

May 26, Monday

- Holiday - Campus Closed

May 27, Tuesday

- 11:30am-12:00pm – Final Exams First Aid
- 3:00pm – 3:30pm – Time Management
- 6:00pm – 6:30pm – Overcoming Procrastination

May 28, Wednesday

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

May 29, Thursday

- 11:30am-12:00pm – Success in Everyday Life
- 3:00pm – 3:30pm – Final Exams First Aid
- 6:00pm – 6:30pm – Needs vs. Wants in Academics

May 30, Friday

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

June 2, Monday

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

June 3, Tuesday

- 11:30am-12:00pm – Final Exams First Aid
- 3:00pm – 3:30pm – Time Management
- 6:00pm – 6:30pm – Overcoming Procrastination

June 4, Wednesday

- 11:30am-12:00pm – Remember what you Read
- 3:00pm – 3:30pm – Memory Techniques
- 6:00pm – 6:30pm – Critical Thinking in Academics

June 5, Thursday

- 11:30am-12:00pm – Success in Everyday Life
- 3:00pm – 3:30pm – Final Exams First Aid
- 6:00pm – 6:30pm – Needs vs. Wants in Academics

June 6, Friday

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

