

September 2024 Workshop Calendar

Mon	Tue	Wed	Thu	Fri
9 ²Managing Stress 11:00 am—12:00 pm Zoom 	10 ¹Take Control of Your Semester: Time Management 11:30 am—12:15 pm In-Person Learning Commons 	11 ¹Study Smarter, Not Harder: General Study Skills 1:00 pm—1:45 pm Zoom 	12 ²Graduate School Preparation 11:00 am—12:00 pm In-Person SC, Suite 2000 	13 ²What's Your Learning Style? 11:00 am—12:00 pm Zoom 
16 ²Think Ahead: Creating SMART Goals 11:00 am—12:00 pm Zoom 	17 ¹Study Smarter, Not Harder: General Study Skills 11:30 am—12:15 pm In-Person Learning Commons 	18 ¹Take Control of Your Semester: Time Management 1:00 pm—1:45 pm Zoom 	19 ²Think Ahead: Creating SMART Goals 11:00 am—12:00 pm In-Person SC, Suite 2000 	20 ²Resume Basics 10:00 am—11:00 am In-Person SC, Suite 2000  
23 ²Procrastination: Now or Later? 10:00 am—11:00 am In-Person SC, Suite 2000 	24 ²What's Your Learning Style? 1:00 pm—2:00 pm In-Person SC, Suite 2000 	25 ²Time Management 101: Create a Weekly Schedule 12:00 pm—1:30 pm In-Person SC, Suite 2000  	26 ²Job Search Tips 3:00 pm—4:00 pm In-Person SC, Suite 2000  	27 WHEN YOU FOCUS ON THE GOOD THE GOOD GETS BETTER 
30 ²College Survival 101 11:00 am—12:00 pm In-Person SC, Suite 2000  	October 1 ¹Study Buddy: Using AI as a Study Tool 11:30 am—12:15 pm In-Person Learning Commons 	October 2 ¹Mid-Term Reality Check With TRIO SSS 1:00 pm—1:45 pm Zoom 	<i>it Doesn't matter what others are Doing. it matters what <u>YOU</u> are doing.</i> 	ONE DAY AT A TIME 

Legend for In-Person and Zoom Sessions

IN-PERSON



ZOOM



Workshop Registration

REGISTRATION REQUIRED—Non-TRIO workshops are subject to change.

¹Learning Resource Center Workshops: [Registration Required: RSVP: HERE](#)

²TRIO SSS Skill Building Workshops: [Registration Required: RSVP: HERE](#)



Mission Statement

The University of Colorado Denver TRIO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

Online Workshop Evaluation

To receive credit for attending Skill-Building Workshops and Financial Literacy Sessions, be sure to fill out a TRIO SSS Workshop Evaluation. You can pick up an evaluation form in the TRIO Office, or complete the online evaluation at: <https://forms.office.com/r/AYPVeIXvZA>.