








ACADEMIC SKILLS WORKSHOP SERIES

SPRING 2025



Bortz Library duPont Room 200 at 4 pm

	Wednesday, January 22	DISORGANIZED: Simple systems to stay on track
	Wednesday, January 29	STUCK AT THE BEGINNING: How to move when you want to rot
	Wednesday, February 5	DISTRACTED: Find your focus
	Wednesday, February 12	WAITING ON MOTIVATION: How to be productive you don't feel like it
	Wednesday, February 19	UNINSPIRED: Reignite your drive
	Wednesday, February 26	PERFECTION PARALYSIS: Beat indecision and take action
	Wednesday, March 5	OVERWHELMED: Tame the chaos
	Wednesday, March 19	DEFICIENCY NOTICES: Plan your comeback strategy
	Wednesday, March 26	FALL REGISTRATION: Plan your fall schedule
	Wednesday, April 9	BURNT OUT: Recharge your energy
	Wednesday, April 16	PANICKED: Calm the cram

Each session contains both information and discussion time.
Contact Carter Shotwell at x6324 or cshotwell@hsc.edu for more information.