

HOW TO LOCK IN WORKSHOP SERIES FALL 2025



Bortz Library duPont Room 200 at 4 pm

	Wednesday, September 3	DISORGANIZED: Simple systems to stay on track
	Wednesday, September 10	STUCK AT THE BEGINNING: How to move when you want to rot
	Wednesday, September 17	DISTRACTED: Find your focus
	Wednesday, September 24	PERFECTION PARALYSIS: Beat indecision and take action
	Wednesday, October 1	UNINSPIRED: Reignite your drive
	Wednesday, October 8	SPRING REGISTRATION: Plan your spring schedule
	Wednesday, October 15	MID-TERM REPORTS: Plan your comeback strategy
	Wednesday, October 22	OVERWHELMED: Tame the chaos
	Wednesday, November 5	WAITING ON MOTIVATION: How to be productive you don't feel like it
	Wednesday, November 12	BURNT OUT: Recharge your energy
	Wednesday, November 19	PANICKED: Calm the cram

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