



The **G.O.A.L. Workshop** is designed for students who are interested in learning more about effective strategies for achieving academic success. The workshop will also assist students with the academic recovery process.

## FALL 2019

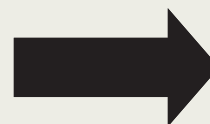
### PICK ONE!

Thursday, September 12, 2019 from 1:00 pm – 3:00 pm in HPB 02  
Tuesday, September 24, 2019 from 4:00 pm – 6:00 pm in ATLC 313  
Tuesday, October 22, 2019 from 10:00 am – 12:00 pm in ATLC 313  
Wednesday, November 13, 2019 from 12:00 pm - 2:00 pm in ATLC 313  
Monday, December 2, 2019 from 2:00 pm – 4:00 pm in HPB 02

**NO REGISTRATION  
NECESSARY**

- Understanding Academic Holds
- Time/Priority Management
- Maintaining Balance
- Study Strategies
- Learning & the Brain
- Managing Stress
- Finding Motivation
- Utilizing Campus Resources
- Goal Setting & Planning

For more information, please contact



(513)  
569-1501