

ACADEMIC SUCCESS WORKSHOPS

Join SUNY Plattsburgh at Queensbury Fridays in February for 45 minute zoom sessions to supercharge your spring semester for academic success.

Can't join? Recordings and resources will be available.

To join use the QR Code or bit.ly/3nrw3L0



TIME MANAGEMENT

February 11 at 11:00 a.m.

Dr. Stephen Danna will lead an interactive session on how to better manage time between the competing priorities of school, work, and home life. Students will leave with a practical organization tool, based on Steven Covey's time management matrix, so that you can find the time to accomplish all you want and more.



STUDY SKILLS 101

February 18 at 11:00 a.m.

Study smarter, not harder! Join Karin Killough & Cellan Hogan from SUNY Plattsburgh's Learning Center to develop a customized plan for academic success in each of your courses. Research-based strategies including effective note-taking, reading for understanding and self-testing will be covered to help you increase your understanding of course content as you complete assignments and prepare for exams.



MINDFULNESS

February 25 at 11:00 a.m.

Join Emma Bartscherer and Dr. Jennifer Bremser in a relaxing, reflective session that will cover the basic tenants and health benefits of mindfulness. A short guided meditation will be taught that can be used during hectic moments to help ground emotions or to help improve clarity and focus when attention wanders.

