

Academic Skills Assessment Program: Workshop Menu

Workshops for Students

Building the Academic Success Toolkit

Effectively navigating a challenging academic terrain requires skills that are not always intuitive. This workshop packages effective time management, productive studying, and elements of self-care into practical tips and experiential exercises that may be useful for students seeking to implement healthier habits that are sustainable over time.

Learning Fundamentals: Effective Strategies for Successful Studying

The psychology behind learning shows that not all study habits are equally productive. We're often tempted to do what feels productive and familiar, yet this may be far from optimal. Drawing on the findings across different fields within psychology, this presentation challenges our notions of effective studying and presents various study habits and rehearsal practices that are shown to be most effective for all types of learners.

Overcoming Procrastination: Taking Charge of Your Choices

Procrastination is one of the most common problems that all students face. When excessive, it can cause significant academic difficulties that interfere with the ability to accomplish goals and feel satisfied with performance. This workshop is designed to help you understand why we procrastinate and provide guidance on how you can consciously choose behaviors that align with your personal academic goals.

Stress Management Fundamentals

Whether you want to succeed academically or socially, effectively managing stress is the foundation of health and performance. While stress is a normal and necessary part of life, we often neglect the fundamentals of stress management when they are most needed. This educational workshop presents practical tips across five important domains to help you maximize your potential.

Rumination Remedies for Expert Worriers

Do you often worry about things that have happened in the past or might happen in the future? Does overthinking get in the way of your academic life? Do you ever wonder if there are better tools to manage anxious thoughts? If you answered yes to any of these questions, you are invited to learn more about why we worry, get tips to make your thinking less "sticky", and practice a new way of responding to difficult thoughts and emotions.

Workshop for Faculty and Course Instructors

Understanding Students' Academic Stress (and Strategies for Reducing It)

This workshop is designed for faculty and course instructors and focuses on what students report when they seek help from ASAP about their own work habits and the challenges they encounter in keeping up with coursework. Also included is a review of various strategies that are often recommended for students to employ in managing their work more effectively. We also consider the ways in which instructors can modify their practices to reduce students' stress while still reaching the learning goals of the course.