



Academic Success Workshop Series Fall 2024 Schedule

Sponsored by the Student Success Center

17
SEPT

Finding Flow: Harmonizing School & Life

Explore how academic stress affects well-being and self-care. Learn practical strategies for balancing academic and personal life.

6:00PM - 7:00PM

25
SEPT

Challenging Perfectionism

Tackle perfectionism with practical strategies and learn how to build a healthier mindset. Take control and thrive!

6:00PM - 7:00PM

09
OCT

Prepare for Your 1st Advising Appt

Get expert tips on tools, processes, and resources to maximize your first advising appointment.

5:00PM - 6:00PM

06
NOV

Navigating Your Final Exams

Get key study tips, a personalized plan, and time management skills. Boost your confidence and performance!

7:00PM - 8:00PM

Please Note:

Location of workshops is available on the sign up form or at the Student Success Center's webpage here (subject to change):
<https://www.butler.edu/academic-services/learning/>

Disability-Related Accommodations for Butler Events and Activities: For accessibility information or to request disability-related accommodations, please visit
<http://www.butler.edu/event-accommodations/>

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