

WORKSHOP SERIES SPRING 2024

130 Weeks Hall
Computer Lab

-JAN-

Organizing Assignments

24 Explore various options for organizing assignments with planners, digital calendars, apps, and more.

10:00 AM - 11:00 AM

-MARCH-

Stress Management

6 We will explore stress management and burn-out coping strategies and techniques.

10:00 AM - 11:00 AM

TTU Student Mental Health Community

19 A rep from the Student Mental Health Community will share about their organization and resources for peer mental health support.

TIME TBA

-FEB-

Prioritization/Time Management

8 Time management and prioritization techniques as well as executive function support strategies.

10:00 AM - 11:00 AM

Effective Study Strategies

21 We will look at six different learning strategies that have been created by learning psychologists that can help you learn more effectively throughout the semester and provide support for students with learning disabilities and/or ADHD.

2:00 PM - 3:00 PM



TEXAS TECH UNIVERSITY
Office of the Provost
Student Disability Services

-APRIL-

Fall Registration Prep

4 Planning for registration with Degree Works, Visual Schedule Builder, and Raider Success Hub.

10:00 AM - 11:00 AM

Priority Registration Support

11 Counselors will be available in the computer lab to help navigate registering for Fall 2024. **Must meet with advisor to discuss classes and remove holds prior to registration**

1:00 PM - 3:00 PM

Finals: Pushing Past Procrastination

17 Preparing for finals through study skills and ways to overcome procrastination tendencies.

2:00 PM - 3:00 PM