



ACADEMIC REBOOT

Academic Reboot is a new series of workshops designed to support CU Denver students as they navigate college learning and explore beyond their degree. Focusing on key topics found to be the most beneficial, this series will offer insightful academic recovery skills for students who are not meeting their own academic expectations.

MASTERING TIME MANAGEMENT

Students face many demands on their time: going to class, studying, working ,spending time with family and friends, etc. This workshop focuses on scheduling and using time efficiently.

BE WELL, LIVE WELL, DO WELL

Taking care of your own personal wellness can help us become more aware of how all aspects of our lives contribute to feeling well both mentally and physically. This workshop will focus on self-care and finding more balance.

HOW TO STUDY LIKE A PRO

What does it really mean to study? Is it the time you spend or what you do with that time? What do you do when you study? Come and find out more about good study techniques and how you can use your time effectively and efficiently.

LIVING YOUR BEST LYNX LIFE

This new workshop focuses on being proactive in college, growth mindset, handling setbacks and challenges, expectations of being a virtual student, and communicating with your CU Denver professors.

By utilizing these workshops, students will be able to take a step back and adjust to the rigors of higher education, learn the importance of self-care and wellness management, and develop plans for academic success. Sign up today so you can refresh, refine, and *reboot* your semester.

FRIDAY, JANUARY 15TH, 2021

Choose from 2 convenient session times that cover all four topics:



MORNING SESSION

9:00am - 11:30am



AFTERNOON SESSION

1:00pm - 3:30pm

SIGN UP ON NAVIGATE

UCDENVER.EDU/LRC
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