



## FALL 2018 WORKSHOP OPTIONS

### Tutoring and Academic Engagement Center (TAEC)

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#### **Weekly Academic Support**

**All Term--Tuesdays, Wednesdays, and Thursdays, 2:00 p. m.-4:00 p.m., CMAE Lobby, 101 Oregon Hall**

Drop in study strategies with questions about time management, organization, reading, note-taking, test preparation and more.

#### **Note Making**

**Week 3 – Wednesday, October 10, 2:00-2:50 p.m., Library 410**

Register online: [engage.uoregon.edu/workshops/](http://engage.uoregon.edu/workshops/)

Don't just take notes – make them work for you. Discover a variety of note taking techniques you can adapt to your own style. Register online: [engage.uoregon.edu/workshops/](http://engage.uoregon.edu/workshops/)

#### **In the Midst of Midterms**

**Week 4 – Wednesday, October 17, 4:00-4:50 p.m., Library 410**

Register online: [engage.uoregon.edu/workshops/](http://engage.uoregon.edu/workshops/)

Learn to predict and tackle test questions by examining course objectives, understanding test expectations, and tailoring your study approach to match.

#### **Managing Time**

**Week 5 – Wednesday, October 24, 2:00-2:50 p.m., Library 410**

Register online: [engage.uoregon.edu/workshops/](http://engage.uoregon.edu/workshops/)

Find effective scheduling techniques and organizational strategies to prioritize to-dos, beat deadlines, and rebalance your life.

#### **Productive Procrastination**

**Week 6 – Monday, October 29, 4-4:50 p.m., Library 410**

Register online: [engage.uoregon.edu/workshops/](http://engage.uoregon.edu/workshops/)

Explore attitudes and strategies that can lead to lower stress, higher quality work, and better habits for future endeavors.

#### **Speed Reading Basics**

**Week 7 – Friday, November 9, 2:00-2:50 p.m., Library 410**

Register online: [engage.uoregon.edu/workshops/](http://engage.uoregon.edu/workshops/)

Looking to reduce reading time without sacrificing comprehension? Come give speed reading a try!

#### **Preparing for Finals**

**Week 8 – Wednesday, November 14, 4:00-4:50 p.m., Library 410**

Register online: [engage.uoregon.edu/workshops/](http://engage.uoregon.edu/workshops/)

Ease stress and maximize success during final exam week by developing a solid, manageable plan for organizing your time, materials, and study methods.

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**Counseling Center Workshops:** [health.uoregon.edu/ducknest](http://health.uoregon.edu/ducknest)

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#### **Stress and Anxiety Management Workshop**

**Weeks 1-10 - Wednesdays 2:00-2:50 p.m., Duck Nest, EMU 041**

Learn how to identify stress and anxiety triggers and work on personalized management techniques. Students are welcome to drop in.

# CAMPUS RESOURCES

## **Academic Department** - [uocatalog.uoregon.edu](http://uocatalog.uoregon.edu)

If you want more information on a specific major, talk to an advisor from that department

## **Accessible Education Center** - 360 Oregon Hall, 541-346-1155, [uoaec.uoregon.edu](http://uoaec.uoregon.edu)

Support and services for students with documented disabilities

## **Career Center** - 220 Hendricks Hall, 541-346-3235, [career.uoregon.edu](http://career.uoregon.edu)

Weekly, interactive workshops to help you with your major and career choices, self-assessment process, resume writing, internship and job search, etc.

## **Center for Multicultural Academic Excellence (CMAE)** - 135 Oregon Hall, 541-346-3479, [cmae.uoregon.edu](http://cmae.uoregon.edu)

Fosters community for students with a special emphasis on serving students from historically underserved and/or underrepresented groups

## **Counseling Center** - 2nd Floor Health Center, 541-346-3227, [counseling.uoregon.edu](http://counseling.uoregon.edu)

Individual/group counseling & therapy, community referrals

## **Financial Aid** - 260 Oregon Hall, 541-346-3221, [financialaid.uoregon.edu](http://financialaid.uoregon.edu)

Assistance in planning your finances and organizing your resources to cover your college costs

## **Health Professions Program** – 101 Oregon Hall, 541-346-3211, [healthprofessions.uoregon.edu](http://healthprofessions.uoregon.edu)

Are you thinking that your future career might be in a health field? If so, the Health Professions advisors can help you sort out your plan.

## **Office of Academic Advising** – 101 Oregon Hall, 541-346-3211, [advising.uoregon.edu](http://advising.uoregon.edu)

Assistance in planning your term schedule, understanding you Degree Guide, locating resources, exploring majors, etc.

## **Office of the Dean of Students** - 164 Oregon Hall, 541-346-3216, [uodos.uoregon.edu](http://uodos.uoregon.edu)

Student conduct, LGBTQQA resources, conflict resolution, non-traditional student programs

## **Office of International Affairs** – 330 Oregon Hall, 541-346-3206, [iss.uoregon.edu](http://iss.uoregon.edu)

Advising for international students and study abroad programs

## **Office of the Registrar** - 234 Oregon Hall, 541-346-2935, [registrar.uoregon.edu](http://registrar.uoregon.edu)

Student registration, academic history, transcripts, and degree audit evaluation

## **Tutoring and Academic Engagement Center (TAEC)** – 4<sup>th</sup> Floor Knight Library, 541-346-3226, [engage.uoregon.edu](http://engage.uoregon.edu)

Math and writing labs; subject specific tutoring; study skills meetings, workshops, and courses

## **Sky Studio (TAEC)** – 4<sup>th</sup> Floor Knight Library, 541-346-3226, [library.uoregon.edu/sky-studio](http://library.uoregon.edu/sky-studio)

The Sky Studio offers free, drop-in help for Math, Writing and Second Languages

## **UO Student Organizations** - [uoregon.orgsync.edu](http://uoregon.orgsync.edu)

Explore the more than 160 ASUO-recognized student organizations, including club sports, honor societies, student unions, fraternities and sororities and much more