FALL 2018 WORKSHOP OPTIONS

Tutoring and Academic Engagement Center (TAEC)

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/
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/

In the Midst of Midterms
Week 4 – Wednesday, October 17, 4:00-4:50 p.m., Library 410
Register online: 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/
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/
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/
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/
Ease stress and maximize success during final exam week by developing a solid, manageable plan for organizing your time, materials, and study methods.

Counseling Center Workshops: health.uoregon.edu/ducknest

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
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
Support and services for students with documented disabilities

**Career Center**  -  220 Hendricks Hall, 541-346-3235, 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
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
Individual/group counseling & therapy, community referrals

**Financial Aid**  -  260 Oregon Hall, 541-346-3221, 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
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
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
Student conduct, LGBTQQA resources, conflict resolution, non-traditional student programs

**Office of International Affairs**  -  330 Oregon Hall, 541-346-3206, isss.uoregon.edu
Advising for international students and study abroad programs

**Office of the Registrar**  -  234 Oregon Hall, 541-346-2935, registrar.uoregon.edu
Student registration, academic history, transcripts, and degree audit evaluation

**Tutoring and Academic Engagement Center (TAEC)**  -  4th Floor Knight Library, 541-346-3226, engage.uoregon.edu
Math and writing labs; subject specific tutoring; study skills meetings, workshops, and courses

**Sky Studio (TAEC)**  -  4th Floor Knight Library, 541-346-3226, 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
Explore the more than 160 ASUO-recognized student organizations, including club sports, honor societies, student unions, fraternities and sororities and much more

October 30, 2018