Want to make this semester your best yet?

Join the Division of Student Affairs for the Spring 2016 Student Success Workshops!

**Time Management, Prioritization, and Organization**
**Monday, January 25, 2016 – MC Amphitheater, 7-8pm**
Start the semester off with a refresher on how to balance your coursework with your life at GW. In this session you’ll learn what to look for when you get a syllabus and how to plan ahead with a calendar. Even if you’re a pro at planning ahead, come to this session to offer your own tips to help support your peers, you might even learn something new!

**Managing Stress, Anxiety, Self-Care, and Self-Advocacy**
**Tuesday, February 23, 2016 – MC Amphitheater, 7-8pm**
Midterms are upon us and you might find yourself feeling overwhelmed. Come to this workshop to learn the basics of managing the stress of midterms and how to manage test anxiety. In this session you’ll learn how to practice self-care, stepping away from the studying to give your brain a break, as well as how to advocate for yourself to be as successful as possible throughout the semester.

**Success, Failure, and Resilience**
**Tuesday, March 22, 2016 – MC Amphitheater, 7-8pm**
What happens when things don’t go as planned? This session will focus on the definition of success (it’s different for everyone), how to take a failure and adjust expectations to make it into a success, and what to do when you find yourself in front of an unexpected road block.

**Decisions and Consequences**
**Monday, April 18, 2016 – MC Amphitheater, 7-8pm**
The end of the semester often brings about a great deal of stress about decisions that you made throughout the semester and what their consequences might be. Come to this session to talk more about how to go forward successfully after this semester and what you can do to reflect on your decision-making throughout each semester.