

Academic Support & Achievement Center (ASAC)  
Achievement Workshop Series

**Summer 2022 --Available Online Only**

**Workshops Are in Canvas “Student Achievement Workshops” Class (CRN #)**

See “Instructions for Attending Workshops” for how to sign up.

Workshops Are Available to The Entire Campus Community

[www.mtsac.edu/asac](http://www.mtsac.edu/asac), Or Call (909) 274-4300.

<https://www.mtsac.edu/asac/achievement-workshops/>

Schedule Is Subject to Change; Please Visit Our Website to Find the Most Current Schedule

## **June**

June 22, Wednesday

- 11:30am-12:00pm – Organize Your Semester
- 2:00pm – 2:30pm – Notetaking Essentials

June 23, Thursday

- 11:30am-12:00pm – Navigating Mt. SAC Online
- 2:00pm – 2:30pm – Academic Mindset

June 27, Monday

- 11:30am-12:00pm – Time Management
- 2:00pm – 2:30pm – Social Media in the Workplace

June 28, Tuesday

- 11:30am-12:00pm – Boundaries for Academic Success
- 2:00pm – 2:30pm – Asking for Help in Academics

June 29, Wednesday

- 11:30am-12:00pm – Critical Thinking in Academics
- 2:00pm – 2:30pm – Know your Audience

June 30, Thursday

- 11:30am-12:00pm – Memory Techniques
- 2:00pm – 2:30pm – Word Processing Tools

## **July**

July 4, Monday

- Campus Closed – Holiday
- No Workshops

July 5, Tuesday

- 11:30am-12:00pm – Link Your Emails
- 2:00pm – 2:30pm – Clarify Priorities for Academics

## Achievement Workshops – Winter 2022

### July 6, Wednesday

- 11:30am-12:00pm – Emotional Intelligence in Academics
- 2:00pm – 2:30pm – Spreadsheet Tools

### July 7, Thursday

- 11:30am-12:00pm – Pass Quizzes & Tests
- 2:00pm – 2:30pm – Boundaries for Academic Success

### July 11, Monday

- 11:30am-12:00pm – Success in Everyday Life
- 2:00pm – 2:30pm – Pass Quizzes & Tests

### July 12, Tuesday

- 11:30am-12:00pm – Time Management
- 2:00pm – 2:30pm – Coping Strategies for Academics

### July 13, Wednesday

- 11:30am-12:00pm – Remember What You Read
- 2:00pm – 2:30pm – Final Exams First Aid

### July 14, Thursday

- 11:30am-12:00pm – Memory Techniques
- 2:00pm – 2:30pm – Presentation Tools

### July 18, Monday

- 11:30am-12:00pm – Coping Strategies for Academics
- 2:00pm – 2:30pm – Time Management

### July 19, Tuesday

- 11:30am-12:00pm – Clarify Priorities for Academics
- 2:00pm – 2:30pm – Boundaries for Academic Success

### July 20, Wednesday

- 11:30am-12:00pm – Pass Quizzes & Tests
- 2:00pm – 2:30pm – Locus of Control

### July 21, Thursday

- 11:30am-12:00pm – Time Management
- 2:00pm – 2:30pm – Coping Strategies for Academics

### July 25, Monday

- 11:30am-12:00pm – Coping Strategies for Academics
- 2:00pm – 2:30pm – Time Management

Achievement Workshops – Winter 2022

July 26, Tuesday

- 11:30am-12:00pm – Find Technology Help
- 2:00pm – 2:30pm – Locus of Control

July 27, Wednesday

- 11:30am-12:00pm – Pass Quizzes & Tests
- 2:00pm – 2:30pm – Success in Everyday Life

July 28, Thursday

- 11:30am-12:00pm – Time Management
- 2:00pm – 2:30pm – Coping Strategies for Academics