

SUCCESS COACHING WORKSHOPS

**THIRD THURSDAY OF EVERY MONTH
@ 1 PM**

**20
FEB**

MID-TERM STUDY STRATEGIES

Discover new ways to study, tips to keeping digital distractions to a minimum, and discuss tips to help you remember what you are learning

**20
MAR**

CLIFTON STRENGTHS

Take the assessment to understand how you can use what you are already good at to help you succeed in college.

**17
APR**

MINDFULNESS

Discover helpful strategies to ease the negative effects of final week stress.

JOIN US IN SUCCESS CENTER 2 RM 311 (GRANITE CITY CAMPUS)

DISCLAIMER: SUCCESS COACHING IS NOT MENTAL HEALTH COUNSELING