

# LAUNCH Spring Workshops Focus on Online Learning!

Location: Online in MS Teams. They are all 50 minutes.

Register: "Workshop Signup" at <https://ussc.launch.workshops.uh.edu/> beginning January 15, 2021. (The connection is safe.) Then, please download MS Teams in Office 365 and enter code **umt0dfa** to attend the workshop (that is a zero in the middle).

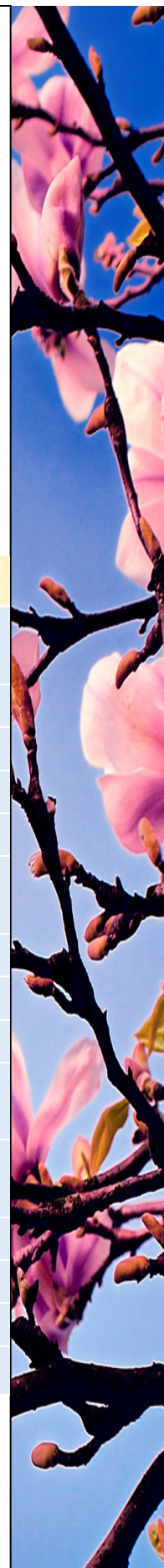
Problems registering? Contact Laura Heidel at [lheidel@uh.edu](mailto:lheidel@uh.edu).

**LAUNCH also offers individual academic counseling. Contact Juanita Hall at [jhall4@central.uh.edu](mailto:jhall4@central.uh.edu) for more information.**

WEEK	TOPIC	DATE/TIME
1	Strategies for a Great Semester (Online Focus), <a href="#">Heidel</a>	Wed, 1/20@3pm
2	Time Management: Create a Planner, <a href="#">Hall</a>	Wed, 1/27@10am
3	College Level Reading (Online Focus), <a href="#">Heidel</a>	Thu, 2/4@4pm
4	Note taking in Lectures (Online Focus), <a href="#">Hall</a>	Wed, 2/10@10am
5	Improving Math Anxiety, <a href="#">Heidel</a>	Tues, 2/16@11am
6	Improving Concentration (Online Focus), <a href="#">Heidel</a>	Fri, 2/26@1pm
7	Tips for First Generation Students, <a href="#">Hall</a>	Wed, 3/3@10am
8	Forming Study Habits (Online Focus), <a href="#">Heidel</a>	Tues, 3/9@1pm
9	----- SPRING BREAK-----	-----
10	Test Anxiety Reduction + Test Prep (Online Focus), <a href="#">Heidel</a>	Wed, 3/24@4pm
11	Overcoming Procrastination (Online Focus), <a href="#">Heidel</a>	Thu, 4/1@3pm
12	Increasing Motivation (Online Focus), <a href="#">Hall</a>	Wed, 4/7@10am
13	Sleep Learning, <a href="#">Hall</a>	Wed, 4/14@10am
14	Time Management for Finals, <a href="#">Hall</a>	Wed, 4/21@10am
15	Preparing For/Coping with Finals, <a href="#">Heidel</a>	Thu, 4/29@2pm

**Want to request a LAUNCH workshop? Please go to:**

[https://forms.office.com/Pages/ResponsePage.aspx?id=vboLF\\_CikEytSw6PDwxCWeEmi\\_9SIhdEhaoKJbO9GPIUMDJIUFU2TEtFOFBQTDZSM1IaOExOQjRTRy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=vboLF_CikEytSw6PDwxCWeEmi_9SIhdEhaoKJbO9GPIUMDJIUFU2TEtFOFBQTDZSM1IaOExOQjRTRy4u)



# Weekly (Ongoing) Workshops

**ADD/ADHD Workshops- focus on time management and concentration. Get expert tips and support!**

**Tuesdays from 4-5 p.m.**, starting February 9th

On MS Teams

Contact Laura Heidel, Ph.D. for more information at [lheidel@uh.edu](mailto:lheidel@uh.edu).

**Time Management- Construct a “Strategic” Planner Workshop. The #1 strategy is an organized planner.**

**Fridays from 10-11 a.m.**, 2/1/21 through 3/12/21

On MS Teams. Contact Juanita Hall, M.Ed., for more information at [jhall4@central.uh.edu](mailto:jhall4@central.uh.edu).

## **Study Group Formation**

Want to be a part of a weekly study group on Teams? Send us your course and if interest is there, we will match you and help you create a Team.

Contact Juanita Hall, M.Ed., at [jhall4@central.uh.edu](mailto:jhall4@central.uh.edu).

## **Time Management “Office hours”-**

learn how to make a weekly schedule using **Google Calendar** and discuss time issues on a drop-in basis.

**Mondays from 1-2 p.m.**

MS Teams, code umt0dfa (zero in the middle)

Have ideas for more weekly workshops? Contact Laura Heidel at [lheidel@uh.edu](mailto:lheidel@uh.edu)