



STUDENT ACADEMIC SUCCESS OFFICE 2023

Spring Workshops Series

Title	Date/Time	Location
Time Management 101	January 31 • 12:15PM – 1:15 PM	UC 205C
Time Management 101	February 1 • 4:00 PM – 5:00 PM	UC 205C
How to Improve Your Science Grade?	February 7 • 12:15 PM – 1:15 PM	NCF 115
How to Improve Your Science Grade?	February 8 • 4:00 PM – 5:00 PM	UC 205C
How Do You Learn: What is Your Learning Style?	February 15 • 4:00 PM – 5:00 PM	UC 205C
It's ok to Get Help! Mental Health 101 for College Students	February 28 • 12:15 PM – 1:15 PM	NCF 115
It's ok to Get Help! Mental Health 101 for College Students	March 1 • 4:00 PM – 5:00 PM	UC 205C
Self-Care is the Best Care	March 7 • 12:15 PM – 1:15 PM	UC 205C
How Learning Works (Or Want to Get an "A"?)	March 8 • 4:00 PM – 5:00 PM	UC 205C
How to Communicate with Your Professor?	March 14 • 12:15 PM – 1:15 PM	UC 205C
How to Communicate with Your Professor?	March 15 • 4:00 PM – 5:00 PM	UC 205C
Relax, Breathe, and Meditate: Coping with Anxiety in College	March 21 • 12:15 PM – 1:15 PM	UC 205C
Relax, Breathe, and Meditate: Coping with Anxiety in College	March 22 • 4:00 PM – 5:00 PM	UC 205C
Midterm Grades Are In: What's Next?	March 28 • 12:15 PM – 1:15 PM	NCF 115
Midterm Grades Are In: What's Next?	March 29 • 4:00 PM – 5:00 PM	NCF 115
Real Talk	April 11 • 12:15 PM – 1:15 PM	UC 205C
Real Talk	April 12 • 4:00 PM – 5:00 PM	UC 205C
How to Register for Class	April 18 • 12:15 PM – 1:15 PM	UC 205C
How to Register for Class	April 19 • 4:00 PM – 5:00 PM	UC 205C
Finish Strong	May 2 • 12:15 PM – 1:15 PM	UC 205C
Finish Strong	May 3 • 4:00 PM – 5:00 PM	UC 205C



Office of Student Academic Success
XAVIER UNIVERSITY of LOUISIANA

Student Academic Support Office (SASO)
Office: (504) 520-5466
1 Drexel Drive, Box 164 • New Orleans, LA 70125
www.xula.edu/SASO