

TIGER P.A.W. PRESENTS:

Waiting for Inspiration

Motivation: why do I need it, why might I lose it, and how do I create it? Let's discuss motivation and what strategies can help you get started working towards your goals today. Instead of waiting for inspiration to hit, learn how to create it yourself!

Find out more details online:

<https://www.wittenberg.edu/academics/studentssuccess/tiger-paw>

Join this workshop!

September 17th, 3:00-4:00pm
in Blair 201

October 10th, 3:00-4:00pm
in Blair 201

November 5th, 3:00-4:00pm
in Blair 201

TIGER P.A.W. PRESENTS:

There aren't enough hours in the day!

It never feels like there is enough time in the day to knock out your to-do list. Join this session to discuss managing time and energy to tackle your to-do list more effectively.

Find out more details online:

<https://www.wittenberg.edu/academics/studentssuccess/tiger-paw>

Join this workshop!

August 27th, 3:00-4:00pm
in Blair 201

September 12th, 3:00-4:00pm
in Blair 201

October 17th, 3:00-4:00pm
in Blair 201

November 19th, 3:00-4:00pm
in Blair 201



TIGER P.A.W. PRESENTS:

Transcribing vs. Summarizing: Honing your note-taking skills

Because so much material is covered in college courses, you won't be able to remember everything unless you know how to take good notes in class. Effective note-taking is not transcribing everything that you hear, instead it is a practiced skill that will continue to help you even beyond the classroom.

Find out more details online:

<https://www.wittenberg.edu/academics/studentssuccess/tiger-paw>

Join this workshop!

August 29th, 3:00–4:00pm
in Blair 201

September 24th, 3:00–4:00pm
in Blair 201

October 24th, 3:00–4:00pm
in Blair 201



TIGER P.A.W. PRESENTS:

Optimizing your Study Time

Reviewing and remembering information is important, especially if you have a test or if you need to present to a group about what you know! Learn what it means to study smarter and identify some new ways that you can move the information from short-term to long-term memory.

Find out more details online:

<https://www.wittenberg.edu/academics/studentssuccess/tiger-paw>

Join this workshop!

September 5th, 3:00-4:00pm
in Blair 201

October 1st, 3:00-4:00pm in
Blair 201

November 7th, 3:00-4:00pm
in Blair 201

December 3rd, 3:00-4:00pm
in Blair 201



TIGER P.A.W. PRESENTS:

Making your Group Work

Many instructors assign projects that require students to work together, which is not unlike collaboration in the real world. Unless these teams function effectively, they can be frustrating and feel like a waste of time. Learn about what it means to be a contributing team member and group leader.

Find out more details online:

<https://www.wittenberg.edu/academics/studentssuccess/tiger-paw>

Join this workshop!

September 19th, 3:00–4:00pm
in Blair 201

October 22nd, 3:00–4:00pm
in Blair 201

November 21st, 3:00–4:00pm
in Blair 201



TIGER P.A.W. PRESENTS:

Performing Under Pressure

Tests, papers, and presentations are hard enough without the anxiety and stress that comes with them. Many feel anxiety when it comes to large assignments and are unable to perform at their peak level. In this session, we'll discuss ways to stay focused and utilize stress-reducing practices.

Find out more details online:

<https://www.wittenberg.edu/academics/studentssuccess/tiger-paw>

Join this workshop!

September 10th, 3:00-4:00pm
in Blair 201

October 3rd, 3:00-4:00pm
in Blair 201

October 29th, 3:00-4:00pm
in Blair 201

December 5th, 3:00-4:00pm
in Blair 201



TIGER P.A.W. PRESENTS:

Self Care

YOU and your well-being matter just as much as your classwork, social activities, and employment obligations. Join us to discuss strategies to take care of yourself while juggling multiple responsibilities.

Find out more details online:

<https://www.wittenberg.edu/academics/studentssuccess/tiger-paw>

Join this workshop!

September 26th, 3:00-4:00pm
in Blair 201

October 8th, 3:00-4:00pm
in Blair 201

November 14th, 3:00-4:00pm
in Blair 201

December 4th, 3:00-4:00pm
in Blair 201

