PACE Workshops ● Spring Semester 2022

**Time Management**
***Monday, January 24, 2-3 p.m. (Student Center Cardinal Hall A & B)***
*Hosted by the Freshman Advising Center*
This workshop is designed to help you become a more successful student at Ball State by providing you with time management tools and strategies. You will walk away with a plan for how to approach your academic life at Ball State in a way that is helpful, strategic, and leaves room for other activities as well. This workshop will also help you identify resources (including paper and electronic tools) to help you develop time management strategies. All attendees will be provided with an academic planner to use during the Spring 2022 semester.

**Learning Styles**
***Thursday, February 10, 2-3 p.m. (Student Center Ballroom)***
*Hosted by the Freshman Advising Center*
Did you know that students learn and process information differently? You have already probably realized that how you learn may be different than how your best friend or roommate learns best. You may have discovered that what works for you doesn’t always work for other people. Or you may still be on a journey to find what actually does work best for you! This workshop is designed to help you become a more successful student at Ball State by providing you with a brief overview of the learning process and examples of individual learning styles (and complementary study strategies).

**Paving Your Career Path**
***Tuesday, February 22, 5-6 p.m. (Student Center Cardinal Hall B)***
*Hosted by the Career Center*
Your career path can often feel uncertain, unattainable, or like there are too many paths to take. Often having help along the way can make those unknown paths less puzzling. From choosing your major to retirement, there are tools available to help you make sense of your winding career path. This workshop will help you understand available tools and strategies to identify a path that is right for you.

**A Student Perspective: Forum on Success**
***Tuesday, March 15, 5-6 p.m. (Student Center Ballroom)***
*Hosted by the Freshman Advising Center*
Do you want to hear from students that have been in your shoes and found success? The Forum on Success program includes a panel of students (like you) who have faced academic challenges but have gained success and reached their academic goals. You will gain insight from other students on how it felt to be on probation, valuable information about the steps they took to get off of probation, and what resources were helpful. You will also have the opportunity to ask questions. You will leave this program feeling better equipped academically and more motivated for the spring semester.

**Don’t Stress About Stress**
***Monday, March 28, 2-3 p.m. (Student Center Room 301)***
*Hosted by the Counseling Center*
During this workshop you will learn how to explore signs and symptoms of stress and provide practice with a variety of stress-reducing coping strategies. You will also learn to persevere through life’s challenges and reframe failures as opportunities to learn and grow.

**Preparing for Finals**
***Monday, April 18, 3-4 p.m. (Student Center Ballroom)***
*Hosted by the Freshman Advising Center*
Would you like to approach finals week with a clear plan for preparing for exams, projects and papers? Do you need to map out a realistic and effective way to manage your time (and your life!) as the end of the semester draws near? This workshop will help you prepare for the days/weeks before final exams, offer unique strategies for taking various types of exams, and provide steps for dealing with test anxiety and avoiding “cramming”.