

Personal Enrichment Academy

What to expect: Attending this workshop series will help you develop the skills to be a better student. Each participant will receive a certificate of completion from the Personal Enrichment Academy.

The Dream Dean Bill Johnson

January 21st 6:30-8:30 pm

Play Zone (Carmichael)

How to Succeed in College (and in Life)... Why are you in college? What does success mean to you? Here's a chance for you to make a positive change in your life - RIGHT AWAY! You will participate in activities that have the potential to change your life - in just two hours! You may even approach your college education (and success) in a different way!

Time & Stress Management (FYC 106)

January 13th 5-6 pm & 20th 6-7 pm

This workshop will be a hands-on approach to learning how to schedule your time more effectively. Bring your syllabi, important dates, and planners. After completing this workshop you will leave with your semester planned and many tips for success, including stress management techniques.

Study Power (FYC 106)

February 2nd 4-5 pm & 9th 5-6 pm

This workshop will teach you different study techniques to help you succeed in the classroom. Topics discussed will focus on how the best students aren't necessarily the ones with the highest IQs, they are the ones who understand and why daily review is the key component of a solid study plan, and being efficient about listening and note taking helps with time management.

Goal Setting (FYC 106)

February 3rd 4-5 pm & 18th 5-6 pm

Now that the semester is in full swing let's start thinking about what you would like to get out of this semester and the rest of your college career. Attend this workshop in order to establish some personal goals for yourself as well as learn some strategies to achieve those goals.

Communication Skills (FYC 106)

March 12th 3-4 pm & 26th 4-5 pm

This workshop will help you learn how to effectively communicate in various different modes, including face to face, email, and phone. Discussion of why communication is important, when it is appropriate, and techniques on how to improve those interactions will be covered.

Relaxation (FYC 106)

April 16th 5-6 pm

Preparing for exams can be stressful! Come get tips for relaxing and enjoy a facilitated meditation. This workshop will help ease your stress allowing you to study better and be more prepared for your finals.



Contact person: Kimberly Franklin 513-3539 or kimberly_franklin@ncsu.edu