SPRING 2020 FINAL WEEK EVENTS

MONDAY MAY 4TH–TUESDAY MAY 12TH

- Flourish Through Finals Workshop
  10:00-11:00 AM PDT
- Drop-Ins
  1:00 PM-4:00 PM PDT
- Flourish Through Finals Workshop
  4:00-5:00 PM PDT

STUDY ON EVENTS
(MONDAY MAY 4TH–WEDNESDAY MAY 6TH)

- Effective, Energizing Breaks Workshop
  3:00-4:00 PM PDT
- Pomodoro Sessions
  1:00-4:00 PM PDT

SEE NEXT PAGE FOR EVENT DETAILS AND LINKS!
SPRING 2020
FINALS WEEK
EVENT DETAILS

DROP-IN HOURS
Come to Drop-ins to speak to an academic coach about how you can achieve your academic-related goals.
Zoom link: https://usc.zoom.us/j/3195865018

WORKSHOP: FLOURISH THROUGH FINALS: STRATEGIES TO FIGHT ON AND FINISH STRONG
Join us for our workshop on how to set yourself up for success during finals. We will discuss how to make a schedule for studying, how to manage your study environment, successful learning and memory techniques, and how to practice self-care and stress management.
Zoom link: https://zoom.us/j/4444089325

STUDY ON EVENTS

EFFECTIVE, ENERGIZING BREAKS 3:00 PM-4:00 PM PDT
Attend this workshop to actively explore a variety of energy-restoring breaks that you can use to reduce stress, improve focus and optimize productivity while studying for finals.
Zoom Link: https://usc-hipaa.zoom.us/j/9433009415

POMODORO 1:00 PM - 4:00 PM PDT
Are you looking for a new study method to increase productivity? Stop by and learn the pomodoro method, which is a 30 min study period followed by a 5 minute break. This method allows you to focus intently and then take a mental rest break before beginning again. We will manage the time, you manage the studying!
Zoom link: https://usc.zoom.us/j/673967096?pwd=dGdsZ2F5WGNta1g1eFvU0JWVFFLUT09