

SPRING 2020 FINALS 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=dGdsZ2F5WGNta1g1eIFvU0JWVFFLUT09>