

SPRING 2026 STUDENT SUCCESS WORKSHOP SERIES

**STUDENT SUCCESS CENTER
HARDMAN AND JACOBS
UNDERGRADUATE LEARNING
CENTER, ROOM 128
(575)646-3136**

TO REQUEST A WORKSHOP VISIT:
[HTTPS://SSC.NMSU.EDU/WORKSHOPS](https://ssc.nmsu.edu/workshops)



ALL WORKSHOPS ARE AVAILABLE THROUGH ZOOM

Join us for our Student Success Workshop Series, conveniently accessible via Zoom. Seize the opportunity to enhance your skills and broaden your horizons by registering today. Simply scan the QR code provided below to access the registration page for each workshop offered. Don't miss out on this valuable chance to invest in yourself.



**SCAN TO JOIN
THROUGH ZOOM**



**BE BOLD. Shape the Future.
Student Success Center**

MOTIVATION & GOAL SETTING: NOT JUST VIBES

DATE: THURSDAY, JANUARY 29, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Motivation isn't magic, it's a skill! In this workshop, students will explore what drives motivation, how it connects to success, and how goal-setting turns big dreams into doable steps. Get ready to set goals that stick and make progress feel possible.

OVERCOMING PROCRASTINATION: LATER IS NOT A PLAN

DATE: TUESDAY, FEBRUARY 10, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Procrastination happens, but it doesn't have to win. This workshop shares simple, practical tools to manage your time, set doable goals, and tackle tasks with confidence. Learn why we procrastinate and how to stay focused, motivated, and in control of your schedule.

MANAGING STRESS & ANXIETY: CHILL SKILLS

DATE: THURSDAY MARCH 5TH, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Feeling overwhelmed? This workshop breaks down stress and anxiety and shares practical, doable tools to stay calm, focused, and ready to succeed, both in and out of the classroom.

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BOUNCING BACK FROM CHALLENGES

DATE: TUESDAY, MARCH 24, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

College comes with curveballs, what matters is how you handle them. This workshop helps students reframe setbacks, build a growth mindset, and bounce back stronger. Learn strategies to stay motivated, adapt, and move forward with confidence.

PREPARING FOR GRADUATE SCHOOL

DATE: TUESDAY APRIL 7, 2026

TIME: 2:00 PM- 3:00 PM

LOCATION: HJULC, ROOM 125

Grad school on your radar? Learn how to find the right programs, apply with confidence, and craft strong CVs and personal statements in this one-stop workshop.

PREPARING FOR FINALS WEEK: YOU'VE GOT THIS

DATE: TUESDAY, APRIL 28, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Finals are coming, be ready. Learn effective study strategies and stress-busting tools to stay focused, confident, and in control all week long.



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