

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

DATE: THURSDAY, JANUARY 29, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Motivation is a key driver of academic success, but it can be challenging to maintain. In this workshop, students will explore what motivation is, how it influences success, and how it works alongside goal setting. Participants will learn why goals matter and how to set clear, realistic goals that support progress and accountability.

OVERCOMING PROCRASTINATION

DATE: TUESDAY, FEBRUARY 10, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Procrastination is a common challenge for students, but it doesn't have to hold you back! In this workshop, you will learn practical strategies to manage time effectively, set achievable goals, and tackle tasks with confidence. Discover the underlying causes of procrastination and develop habits to stay motivated and focused. Join us to take control of your schedule and make the most of your academic journey!

MANAGING STRESS & ANXIETY

DATE: THURSDAY MARCH 5TH, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Stress and anxiety are common challenges for college students, but they don't have to stand in the way of success. In this workshop, students will learn how to identify signs of stress and anxiety and explore practical strategies to manage them effectively. Participants will develop tools and habits that support their academic performance and overall well-being.

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BOUNCING BACK FROM CHALLENGES

DATE: TUESDAY, MARCH 24, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Challenges are a natural part of the college experience, but how you respond to them makes all the difference. In this workshop, students will learn how to re-frame setbacks, develop a growth mindset, and build resilience when things don't go as planned. Participants will gain strategies to adapt, stay motivated, and move forward with confidence in their academic journey.

PREPARING FOR GRADUATE SCHOOL

DATE: TUESDAY APRIL 7, 2026

TIME: 2:00 PM- 3:00 PM

LOCATION: HJULC, ROOM 125

Are you considering going to graduate or professional school? If so, this workshop is for you! Researching graduate programs, applying to graduate school programs, and CV's, Personal Statements will be covered in this workshop.

PREPARING FOR FINALS WEEK

DATE: TUESDAY, APRIL 28, 2026

TIME: 2:00 PM - 3:00 PM

LOCATION: HJULC, ROOM 125

Successful students take time to prepare in advance for final exams. This workshop will promote effective study habits and will revisit time/stress management strategies that will support your overall ability to take control and maintain confidence during finals week.



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