# November Workshop Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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| 6  
   - Get More Done...  
   Time Management Basics  
   3:30 pm—4:30 pm  
   In-Person  
   SC, Suite 2000 | 7  
   - Good Vibes: Wellness and Stress Management  
   12:30 pm—1:15 pm  
   In-Person  
   Learning Commons | 8  
   - Due Today ≠ Do Today  
   Avoid Procrastination  
   11:30 am—12:30 pm  
   Zoom | 9 | 10 |
| 13 | 14  
   - Final Exam Prep  
   12:30 pm—1:15 pm  
   In-Person  
   Learning Commons | 15  
   - Final Exam Prep  
   11:30 am—12:15 pm  
   Zoom | 16  
   - TRIO SSS  
   Financial Literacy:  
   Budget Basics  
   12:00 pm—1:00 pm  
   In-Person  
   SC, Suite 2000 | 17  
   - Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." — Oprah Winfrey | 20  
   FALL BREAK | 21  
   FALL BREAK | 22  
   FALL BREAK | 23  
   THANKSGIVING | 24  
   FALL BREAK |
| 27 | 28  
   - Procrastination:  
   Now or Later?  
   3:00 pm—4:00 pm  
   In-Person  
   SC, Suite 2000 | 29  
   - Preparing for Life After Graduation  
   12:00 pm—1:00 pm  
   Wellness Center  
   Seminar Room | 30  
   - What’s Your Learning Style?  
   12:00 pm—1:00 pm  
   In-Person  
   SC, Suite 2000 |

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**Legend for In-person, Zoom, and Hybrid Sessions.**

- **HYBRID**
- **IN-PERSON**
- **ZOOM**

**REGISTRATION REQUIRED**—Non-TRIO workshops are subject to change.

1. **TRIO SSS Skill Building Workshops:** Registration Required: RSVP: [HERE](#)
2. **Learning Resource Center Workshops:** Registration Required: RSVP: [HERE](#)
3. **Wellness & Recreation Services Financial Wellness Workshops:** Registration Required: RSVP: [HERE](#)
4. **Student Life and Campus Community LEAD Workshops:** Registration (Optional): RSVP: [HERE](#)
5. **Writing Center Workshops:** Registration Required: RSVP: [HERE](#)
6. **TRIO SSS Financial Literacy Workshops:** Registration Required: RSVP: [HERE](#)

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**Mission Statement**

The University of Colorado Denver TRIO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

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**Make sure to complete the TRIO SSS Online Evaluation Form for Skill Building Workshops and Financial Literacy Sessions. Complete at:** [bit.ly/486skrV](#)