

















September 2025 Workshop Calendar

MON	TUE	WED	THU	FRI
1 ★ Happy ★ LABOR DAY ★ ★ ★ ★ ★	2	3 ¹Let's Study Together: Study Groups 101 11:00 am—12:30 pm In-Person Learning Commons 	4	5 <i>it doesn't matter what others are doing. it matters what <u>you</u> are doing.</i> "
8	9 ¹College Survival 101 With TRIO SSS 11:30 am—12:15 pm In-Person Learning Commons 	10 ²Resume Basics 4:00 pm—5:00 pm In-Person SC, Suite 2000 	11 ³Financial Wellness: Financial Foundations 1:00 pm—2:00 pm Zoom 	12
15 ²Procrastination: Now or Later? 11:00 am—12:00 pm In-Person SC, Suite 2000 	16 ¹Take Control of Your Semester: Time Management 11:30 am—12:15 pm In-Person Learning Commons 	17 ¹Take Control of Your Semester: Time Management 11:00 am—11:45 am Zoom 	18	19  ONE DAY AT A TIME
22 ²Graduate School Preparation 2:00 pm—3:00 pm In-Person SC, Suite 2000 	23 ¹Study Smarter, Not Harder: General Study Skills 11:30 am—12:15 pm In-Person Learning Commons 	24 ¹Back to Basics: Effective Note Taking 11:00 am—11:45 am Zoom 	25	26
29 ²Goal Setting and Motivation 12:00 pm—1:00 pm In-Person SC, Suite 2000 	30 ¹Ace My Tests: Test-Taking Skills 11:30 am—12:15 pm In-Person Learning Commons 	October 1 ¹Ace My Tests: Test-Taking Skills 11:00 am—11:45 am Zoom  ³Financial Wellness: Money On The Mind 4:00 pm—5:00 pm Zoom 	October 2	October 3  WHEN YOU FOCUS ON THE GOOD THE GOOD GETS BETTER

Legend for In-Person and Zoom Sessions

IN-PERSON



ZOOM



Workshop Registration

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

¹Learning Resource Center Workshops: Registration Required: RSVP: [HERE](#)

²TRIO SSS Skill Building Workshops: Registration Required: RSVP: [HERE](#)

³Wellness Center Financial Wellness Workshop: Registration Required: RSVP: [HERE](#)



Online Workshop Evaluation

To receive credit for attending Skill-Building Workshops and Financial Literacy Sessions, be sure to complete a TRIO SSS Workshop Evaluation. You can pick up an evaluation form in the TRIO Office, or complete the online evaluation at: <https://forms.office.com/r/unS7YycSxm>.

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.