

LAUNCH FALL WORKSHOPS

Schedule

SPRING 2025

FEATURED EVENTS: IN PERSON WORKSHOPS

These workshops will be hosted in-person in Student Service Center 1, Room 204 D. They are free, drop-in workshops, that will last for 50 minutes where snacks will be provided!

WEEK	TOPIC	DATE/ TIME	LOCATION
1	Ready, Set Plan (Planner Creation Event)	Tues. 1/21 @ 3:00-4:00 PM	SSC1 RM: 204 D
6	Manifesting Your Way to an "A"	Tues. 2/18 @ 3:00 PM	SSC1 RM: 204 D
9	Self- Care: You Gotta Nourish to Flourish	Tues. 3/18 @ 3:00 PM	SSC1 RM: 204 D
10	GRIT: Develop a Growth Mindset to Reach your Goals	Tues. 3/25 @ 3:00 PM	SSC1 RM: 204 D
15	Night Glow Beats: Line Dance Party	Thurs. 4/24 @ 5:00-7:00 PM	TBA

RECURRING WORKSHOP

ADD/ADHD Workshops for UH students

For 8 weeks, focus on new topics each week such as time-management, mindfulness, procrastination, concentration, etc. Get expert tips in a supportive environment!

Every Tuesday from 4-5 pm starting 1/28 in Student Service Center 1 Room 210 D.

To register/ Learn more information: Contact Laura Heidel, Ph.D. , at lheidel@uh.edu



713-743-5411



@uhlaunch



launch@central.uh.edu

ONLINE WORKSHOPS (VIA TEAMS)***WORKSHOPS ARE FREE, DROP-IN AND LAST 50 MINUTES.*****REGISTRATION:**

1. Download Microsoft Teams and sign in with your CougarNet login.
2. "Join or Create team" button then input our code umt0dfa (zero in the middle) to join our Workshop group!
3. At the time of the workshop go to our Teams site and click the "join" button to attend.

WEEK	TOPIC	DATE/TIME
1	Strategies for a Great Semester, Heidel	Thu. 1/16 @ 10:00 AM
2	Make a Note about this workshop: Note taking, College Edition, Hall	Thurs. 1/23 @ 3:00 PM
4	Tips for Learning Math: Make Math Your Best Subject!, Heidel	Wed. 2/5 @ 4:00 pm
5	Test Prep Secrets-Ace Your Test, Heidel	Mon. 2/10 @ 3:00 PM
6	Focus on this: Concentration Workshop, Heidel	Thurs. 2/20 @ 4:00 PM
7	The Science Behind Forming Different Study Habits, Heidel	Wed. 2/26 @ 3:00 PM
8	Procrastination: Don't Put this off! Heidel	Thurs. 3/6 @ 3:00 PM
9	SPRING BREAK	
10	Sleep Learning: Improve your Memory, Improve your Grades, Hall	Thurs. 3/20 @ 3:00 PM
12	No Fear Test Taking: Reducing Test Anxiety, Heidel	Mon. 3/31 @ 4:00 PM
13	Time Management: Strategies for Finals to Ace your Exams, Hall	Thurs. 4/10 @ 3:00 PM
14	Reduce your Test Anxiety for Finals, Heidel	Wed. 4/16 @ 4:00 PM



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