

# FYE SPRING WORKSHOPS SUCCESS STARTS HERE!

#### L.O.T.S. of Success

Monday, February 4 | 6-7pm | HUB Event Space Wednesday, February 6 | 10:30-11:30am & 1-2pm | Torreys Peak

#### **Create Your Academic Dream Team**

Monday, February 18 | 6-7pm | HUB Event Space Wednesday, February 20 | 10:30-11:30am & 1-2pm | Torreys Peak

### **Taming Tests**

Tuesday, March 5 | 12-1pm | Torreys Peak
Thursday, March 7 | 5-6pm | HUB Event Space
Monday, April 1 | 6-7pm | HUB Event Space
Wednesday, April 3 | 10:30-11:30am & 1-2pm | Torreys Peak



# **Stress & Brain Health**

Monday, February 4 | 12-1pm | Arvada Tuesday, March 12 | 12-1pm & 5-6pm | Torreys Peak

## **Improve Your Health, Improve Your Grades**

Thursday, April 11 | 12-1pm | Torreys Peak



Contact First Year Experience (FYE) for more information at RRCC: dana.kobold@rrcc.edu | 303.914.6176 | rrcc.edu/first-year-experience | Room 1253