sophoMORE Stride is a six-week series for all second-year students at the University of Georgia.

Register for the events below to learn more about academic success strategies and campus resources.

MEET AND GREET AT DAE - Aug. 25th from 3:30-5:00 PM
Join DAE’s Academic Coaches to learn more about achieving academic success during your second year, tour Milledge Hall, and grab some treats.
LOCATION: Milledge Hall

COMMUNICATING WITH FACULTY - Aug. 26th at 4:00 PM
In this workshop, learn practical tips and strategies to effectively communicate with faculty.
LOCATION: MLC 350

BECOME A BETTER NOTE-TAKER - Sept. 1st at 4:15 PM
In this workshop, learn how to make a conscious effort to listen, pay attention, and actively organize information from lectures and readings to solidify your understanding and master the course content.
LOCATION: MLC 250

MINDFULNESS & ACADEMICS - Sept. 9th at 11:00 AM
Join this interactive workshop to see how mindfulness practices can optimize your academic and personal success.
LOCATION: TBA

EFFECTIVE WRITING SKILLS FOR COLLEGE - Sept. 14th at 5:15 PM
In this workshop, hone your skills for writing in a collegiate setting.
LOCATION: TBA

PUTTING IT ALTOGETHER: MAJOR + YEAR 2 - Sept. 16th at 4:00 PM
Join Academic Advisors from the Exploratory Center to discuss how your major and career exploration in your second year can flourish.
LOCATION: TBA

EXPERIENTIAL LEARNING IN YOUR 2ND YEAR - Sept. 21st at 4:00 PM
Come hear from the Experiential Learning office about opportunities for this year and beyond.
LOCATION: TBA

USING YOUR STRENGTHS TO ENHANCE SUCCESS - Sept. 29th at 4:30 PM
Using CliftonStrengths assessment, learn about your top strengths to optimize your academic success at UGA.
Register by September 23rd in order to receive your materials to participate in the workshop.
LOCATION: TBA

Division of Academic Enhancement
UNIVERSITY OF GEORGIA

SCAN ME