

Centurion University Technology and Management, BBSR

Workshop on Achieving at University-SoM

Date: 14-11-2019

Venue: Seminar Hall MBA BLOCK, , CUTM, PKD Number of Participants: 58 Resource Person: Samuel Crotty

About resource person: Samuel Crotty was an Internship (Youth Mentoring) at Centurion University Technology and Management and deals with development and implementation of a student counseling program, promotion of mental health and wellbeing on campus, and delivery of professional development for university staff in the area of mental health.

About the session: Most students start out the semester with the best of intentions. Without a continued plan, though, these positive habits can wane. With some early organization and planning, you can set yourself up for success throughout the semester. In this workshop, focus is on structures of organization using the syllabi, effective academic habits, and time management that will result in the creation of a unique plan for the semester. Key skills covered during this time are goal-setting, time management, prioritization and useful campus academic resources.

Objective:

- Study Smarter, Not Longer: Study Skills Working For You
- Bulking Up Your Notes: Strategies for Taking Notes in College
- Manage Your Time Wisely
- Bouncing Back: Moving Past Surviving to Thriving
- The Looming Exam: Push Past Procrastination to Action
- Focus & Concentration

Outcome:

- Participants learn how to manage their time
- Important aspect to focus on while studying and enjoying their interest





Workshop on Achieving at university - SoM

Centurion University of Technology and Management

Resource Person: Mr. Samuel Crotty

Date: 14-11-2019

Venue: Room No. 10 AryaBhatta Building,

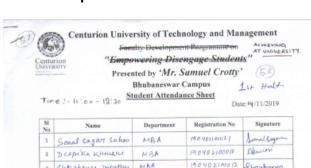
CUTM, BBSR

centurion university of technology and management



Figure: Clip from the workshop on Achieving at University - SoM

List of Participants:

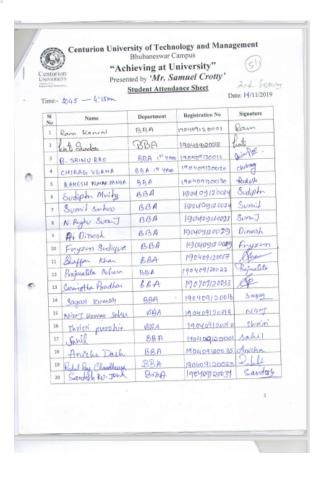


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2	Deepika Kumani	MBA	19.0402100019	Demori
3	Shrabance Tripathy	MBA	19040210012	Shitabanee
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17	Sadhana Sahu	MBA .	190402100023	Jadhare
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Centurion University of Technology and Management



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50	Saturbet Behera	B. Com	190415100032	Satyajeet
51	Pratumen Bhuyopol	B. Cam	190415100036	
52	Ritik Mya Dash	B. Com	190412100017	Kitikluja.
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56	Hristile .	B. Com	1909175100021	
57	Kirti Axad	B. Com	198415100002	1
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59	Jaxmi Raj	B. com	19041510000	5
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Prabhat K. Pattnaik FDP Coordinator

Dr. Prasanta Ku. Mohanty Dean Academic