



Centurion University Technology and Management

Workshop on Achieving at University

Date: 16-11-2019

Venue: Room No. 10 AryaBhatta Building, CUTM, BBSR

Number of Participants: 46

Resource Person: Samuel Crotty

About resource person: Samuel Crotty was an Internship (Youth Mentoring) at Centurion University Technology and Management and deals with the 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, the focus is on structures of the organization using the syllabi, effective academic habits, and time management that will result in the creation of own 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

Brochure of the event:



Figure: Clip from the workshop

List of Participants:

Centurion University of Technology and Management
Bhubaneswar Campus
"Achieving at University"
Presented by 'Mr. Samuel Crotty'
Student Attendance Sheet
Date: 14/12/2019

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Prasanta
Dr. Prasanta Ku. Mohanty
Dean Academic

Prabhat
Prabhat K. Pattnaik
FDP Coordinator