Workshop Requirement

As a Project Success student, you are required to complete ONE workshop. As we stated in Seminar I, there are various reasons why students are on academic probation. Be sure to attend a workshop that you can benefit from.

Your options for workshops are:

**Julia N. Visor Academic Center**
[https://universitycollege.illinoisstate.edu/help/workshops/](https://universitycollege.illinoisstate.edu/help/workshops/) or call 309-438-7100
- Sign up for workshops at UniversityCollege.IllinoisState.edu/help/workshops
- Topics include Overcoming Test Anxiety, Communicating with your Professors, Study Tools and Test Taking, Math Story Problems, etc.

**Student Counseling Services**
[https://counseling.illinoisstate.edu/outreach/feel-better/](https://counseling.illinoisstate.edu/outreach/feel-better/) or call 309-438-3655
- Attend a Feel Better Workshop at one of the Residence Halls. To find out when these workshops will be available, visit Counseling.IllinoisState.edu/outreach/feel-better
- Topics may include Managing Anxiety, Beating the Blues, Performance Anxiety, etc.

**Health Promotion and Wellness**
[https://wellness.illinoisstate.edu](https://wellness.illinoisstate.edu) or call 309-438-9355
- Workshops include Mindfulness Courses, Body Project, More than Muscles, etc. Most of these workshops are 2 – 4 sessions.

**Dean of Students**
[https://deanofstudents.illinoisstate.edu/services/recovery/upcoming/](https://deanofstudents.illinoisstate.edu/services/recovery/upcoming/) or call 309-438-8621
- Events and workshops are offered through Collegiate Recovery Community and are intended for students who would like to benefit from substance-free living.

When you attend your workshop, have the information below verified by the presenter. Your workshop must be completed by the time you attend Success Seminar II. If it is not, you will need to return this form to Fell Hall, room 324 no later than December 2nd.

Student’s Name: _____________________________________________________________________________________________
Workshop Attended: ________________________________________________________________________________________
Date Attended: ___________________________________________________
Presenter’s Signature: _______________________________________________________________________________________
Presenter’s Printed Name: ___________________________________________________________________________________