

Spring 2026 ASAC Student Workshops

Academic Support & Achievement Center (ASAC) Student Workshops are available daily Monday through Friday. All workshops are held online. To register for an ASAC student workshop, please add the following noncredit (no cost) CRN: 44213 to your class schedule. For more information on how to register, please visit <https://www.mtsac.edu/asac/achievement-workshops/> or call the ASAC at (909) 274-4300.

Monday, March 2, 2026

- 11:30am-12:00pm Overcoming Procrastination
- 3:00pm-3:30pm Power of Expectations in Academics
- 6:00pm-6:30pm Needs vs. Wants in Academics

Tuesday, March 3, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Emotional Intelligence in Academics
- 6:00pm-6:30pm Overcoming Procrastination

Wednesday, March 4, 2026

- 11:30am-12:00pm Boundaries for Academic Success
- 3:00pm-3:30pm Time Management
- 6:00pm-6:30pm Remember what you Read

Thursday, March 5, 2026

- 11:30am-12:00pm Emotional Intelligence in Academics
- 3:00pm-3:30pm Visual Learning Strategies
- 6:00pm-6:30pm Power of Expectations in Academics

Friday, March 6, 2026

- 11:30am-12:00pm Boundaries for Academic Success
- 1:30pm-2:00pm Locus of Control
- 3:00pm-3:30pm Coping Strategies for Academics

Monday, March 9, 2026

- 11:30am-12:00pm Critical Thinking in Academics
- 3:00pm-3:30pm Goal Setting in Academics
- 6:00pm-6:30pm Organize your Semester

Tuesday, March 10, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Success in Everyday Life
- 6:00pm-6:30pm Notetaking Essentials

Wednesday, March 11, 2026

- 11:30am-12:00pm Emotional Intelligence in Academics
- 3:00pm-3:30pm Memory Techniques
- 6:00pm-6:30pm Remember what you Read

Thursday, March 12, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Boundaries for Academic Success
- 6:00pm-6:30pm Emotional Intelligence in Academics

Friday, March 13, 2026

- 11:30am-12:00pm Learning Strategies
- 1:30pm-2:00pm Locus of Control
- 3:00pm-3:30pm Boundaries for Academic Success

Monday, March 16, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Goal Setting in Academics
- 6:00pm-6:30pm Asking for Help in Academics

Tuesday, March 17, 2026

- 11:30am-12:00pm Pass Quizzes & Tests
- 3:00pm-3:30pm Coping Strategies for Academics
- 6:00pm-6:30pm Emotional Intelligence in Academics

Wednesday, March 18, 2026

- 11:30am-12:00pm Learning Strategies
- 3:00pm-3:30pm Critical Thinking in Academics
- 6:00pm-6:30pm Remember what you Read

Thursday, March 19, 2026

- 11:30am-12:00pm Organize your Semester
- 3:00pm-3:30pm Emotional Intelligence in Academics
- 6:00pm-6:30pm Needs vs. Wants in Academics

Friday, March 20, 2026

- 11:30am-12:00pm Memory Techniques
- 1:30pm-2:00pm Boundaries for Academic Success
- 3:00pm-3:30pm Power of Expectations in Academics

Monday, March 23, 2026

- 11:30am-12:00pm Memory Techniques
- 1:30pm-2:00pm Power of Expectation in Academics
- 3:00pm-3:30pm Learning Strategies

Tuesday, March 24, 2026

- 11:30am-12:00pm Power of Expectations in Academics
- 3:00pm-3:30pm Remember what you Read
- 6:00pm-6:30pm Know your Audience

Wednesday, March 25, 2026

- 11:30am-12:00pm Power of Expectations in Academics
- 3:00pm-3:30pm Remember what you Read
- 6:00pm-6:30pm Know your Audience

Thursday, March 26, 2026

- 11:30am-12:00pm Coping Strategies for Academics
- 3:00pm-3:30pm Visual Learning Strategies
- 6:00pm-6:30pm How the Brain Learns

Friday, March 27, 2026

- 11:30am-12:00pm Success in Everyday Life
- 1:30pm-2:00pm Clarify Priorities for Academics
- 3:00pm-3:30pm Coping Strategies for Academics

Monday, March 30, 2026

- 11:30am-12:00pm Critical Thinking in Academics
- 3:00pm-3:30pm Notetaking Essentials
- 6:00pm-6:30pm Goal Setting in Academics

Tuesday, March 31, 2026

- Holiday – Campus Closed

Wednesday, April 1, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Remember what you Read
- 6:00pm-6:30pm Asking for Help in Academics

Thursday, April 2, 2026

- 11:30am-12:00pm Critical Thinking in Academics
- 3:00pm-3:30pm Goal Setting in Academics
- 6:00pm-6:30pm Emotional Intelligence in Academics

Friday, April 3, 2026

- 11:30am-12:00pm Learning Strategies
- 1:30pm-2:00pm Locus of Control
- 3:00pm-3:30pm Overcoming Procrastination

Monday, April 6, 2026

- 11:30am-12:00pm Critical Thinking in Academics
- 3:00pm-3:30pm Notetaking Essentials
- 6:00pm-6:30pm Organize your Semester

Tuesday, April 7, 2026

- 11:30am-12:00pm Visual Learning Strategies
- 3:00pm-3:30pm Critical Thinking in Academics
- 6:00pm-6:30pm Coping Strategies for Academics

Wednesday, April 8, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Memory Techniques
- 6:00pm-6:30pm Remember what you Read

Thursday, April 9, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Pass Quizzes and Tests
- 6:00pm-6:30pm Emotional Intelligence in Academics

Friday, April 10, 2026

- 11:30am-12:00pm Learning Strategies
- 1:30pm-2:00pm Boundaries for Academic Success
- 3:00pm-3:30pm Overcoming Procrastination

Monday, April 13, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Locus of Control
- 6:00pm-6:30pm Boundaries for Academic Success

Tuesday, April 14, 2026

- 11:30am-12:00pm Academic Mindset
- 3:00pm-3:30pm Coping Strategies in Academics
- 6:00pm-6:30pm Asking for Help in Academics

Wednesday, April 15, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Boundaries for Academic Success
- 6:00pm-6:30pm Remember what you Read

Thursday, April 16, 2026

- 11:30am-12:00pm Critical Thinking in Academics
- 3:00pm-3:30pm Needs vs. Wants in Academics
- 6:00pm-6:30pm Success in Everyday Life

Friday, April 17, 2026

- 11:30am-12:00pm Memory Techniques
- 1:30pm-2:00pm Power of Expectation in Academics
- 3:00pm-3:30pm Learning Strategies

Monday, April 20, 2026

- 11:30am-12:00pm Overcoming Procrastination
- 3:00pm-3:30pm Coping Strategies for Academics
- 6:00pm-6:30pm Pass Quizzes & Tests

Tuesday, April 21, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Emotional Intelligence in Academics
- 6:00pm-6:30pm Academic Mindset

Wednesday, April 22, 2026

- 11:30am-12:00pm Critical Thinking in Academics
- 3:00pm-3:30pm Remember what you Read
- 6:00pm-6:30pm Overcoming Procrastination

Thursday, April 23, 2026

- 11:30am-12:00pm Organize your Semester
- 3:00pm-3:30pm Visual Learning Strategies
- 6:00pm-6:30pm Time Management

Friday, April 24, 2026

- 11:30am-12:00pm Success in Everyday Life
- 1:30pm-2:00pm Coping Strategies for Academics
- 3:00pm-3:30pm Locus of Control

Monday, April 27, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Needs vs. Wants in Academics
- 6:00pm-6:30pm Overcoming Procrastination

Tuesday, April 28, 2026

- 11:30am-12:00pm Visual Learning Strategies
- 3:00pm-3:30pm Overcoming Procrastination
- 6:00pm-6:30pm Coping Strategies for Academics

Wednesday, April 29, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Memory Techniques
- 6:00pm-6:30pm Remember what you Read

Thursday, April 30, 2026

- 11:30am-12:00pm Pass Quizzes & Tests
- 3:00pm-3:30pm Time Management
- 6:00pm-6:30pm Emotional Intelligence in Academics

Friday, May 1, 2026

- 11:30am-12:00pm Learning Strategies
- 1:30pm-2:00pm Locus of Control
- 3:00pm-3:30pm Overcoming Procrastination

Monday, May 4, 2026

- 11:30am-12:00pm Asking for Help in Academics
- 3:00pm-3:30pm Clarify Priorities for Academics
- 6:00pm-6:30pm How the Brain Learns

Tuesday, May 5, 2026

- 11:30am-12:00pm Goal Setting in Academics
- 3:00pm-3:30pm Time Management
- 6:00pm-6:30pm Success in Everyday Life

Wednesday, May 6, 2026

- 11:30am-12:00pm Learning Strategies
- 3:00pm-3:30pm Remember what you Read
- 6:00pm-6:30pm Critical Thinking in Academics

Thursday, May 7, 2026

- 11:30am-12:00pm Organize your Semester
- 3:00pm-3:30pm Critical Thinking in Academics
- 6:00pm-6:30pm Overcoming Procrastination

Friday, May 8, 2026

- 11:30am-12:00pm Memory Techniques
- 1:30pm-2:00pm Power of Expectations in Academics
- 3:00pm-3:30pm Learning Strategies

Monday, May 11, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Goal Setting in Academics
- 6:00pm-6:30pm Asking for Help in Academics

Tuesday, May 12, 2026

- 11:30am-12:00pm Pass Quizzes & Tests
- 3:00pm-3:30pm Coping Strategies for Academics
- 6:00pm-6:30pm Emotional Intelligence in Academics

Wednesday, May 13, 2026

- 11:30am-12:00pm Learning Strategies
- 3:00pm-3:30pm Critical Thinking in Academics
- 6:00pm-6:30pm Remember what you Read

Thursday, May 14, 2026

- 11:30am-12:00pm Overcoming Procrastination
- 3:00pm-3:30pm Emotional Intelligence in Academics
- 6:00pm-6:30pm Needs vs. Wants in Academics

Friday, May 15, 2026

- 11:30am-12:00pm Memory Techniques
- 1:30pm-2:00pm Boundaries for Academic Success
- 3:00pm-3:30pm Power of Expectations in Academics

Monday, May 18, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Boundaries for Academic Success
- 6:00pm-6:30pm Needs vs. Wants in Academics

Tuesday, May 19, 2026

- 11:30am-12:00pm Notetaking Essentials
- 3:00pm-3:30pm Success in Everyday Life
- 6:00pm-6:30pm Critical Thinking in Academics

Wednesday, May 20, 2026

- 11:30am-12:00pm Power of Expectations in Academics
- 3:00pm-3:30pm Critical Thinking in Academics
- 6:00pm-6:30pm Overcoming Procrastination

Thursday, May 21, 2026

- 11:30am-12:00pm Organize your Semester
- 3:00pm-3:30pm Overcoming Procrastination
- 6:00pm-6:30pm Learning Strategies

Friday, May 22, 2026

- 11:30am-12:00pm Memory Techniques
- 1:30pm-2:00pm Power of Expectations in Academics
- 3:00pm-3:30pm Memory Techniques

Monday, May 25, 2026

- Holiday – Campus Closed

Tuesday, May 26, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Final Exams First Aid
- 6:00pm-6:30pm Overcoming Procrastination

Wednesday, May 27, 2026

- 11:30am-12:00pm Time Management
- 3:00pm-3:30pm Memory Techniques
- 6:00pm-6:30pm Critical Thinking in Academics

Thursday, May 28, 2026

- 11:30am-12:00pm Academic Mindset
- 3:00pm-3:30pm Coping Strategies for Academics
- 6:00pm-6:30pm Emotional Intelligence in Academics

Friday, May 29, 2026

- 11:30am-12:00pm Needs vs. Wants in Academics
- 1:30pm-2:00pm Boundaries for Academic Success
- 3:00pm-3:30pm Time Management

Monday, June 1, 2026

- 11:30am-12:00pm Critical Thinking in Academics
- 3:00pm-3:30pm Notetaking Essentials
- 6:00pm-6:30pm How the Brain Learns
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Tuesday, June 2, 2026

- 11:30am-12:00pm Final Exams First Aid
- 3:00pm-3:30pm Time Management
- 6:00pm-6:30pm Overcoming Procrastination

Wednesday, June 3, 2026

- 11:30am-12:00pm Memory Techniques
- 3:00pm-3:30pm Remember what you Read
- 6:00pm-6:30pm Critical Thinking in Academics

Thursday, June 4, 2026

- 11:30am-12:00pm Success in Everyday Life
- 3:00pm-3:30pm Clarify Priorities for Academics
- 6:00pm-6:30pm Needs vs. Wants in Academics

Friday, June 5, 2026

- 11:30am-12:00pm Learning Strategies
- 1:30pm-2:00pm Locus of Control
- 3:00pm-3:30pm Overcoming Procrastination