

One-Time Academic Coaching for Graduate Students on UPC

Looking for academic assistance at a pre-scheduled time? The Kortschak Center for Learning and Creativity will be offering UPC graduate students the opportunity to schedule 30-minute *one-time* academic coaching appointments via Zoom.



**Check for availability via both
QR codes!**



For more information visit kortschakcenter.usc.edu

ADHD SKILLS AND SUPPORT GROUP FOR GRADUATE STUDENTS

Group Focus Points:

Myths and Truths about ADHD

Stress Management

Procrastination & Anxiety

Managing the Social Impact of ADHD

Mondays 4 pm-5:30 pm PST

Online via ZOOM

Feb 10, Feb 24, Mar 3, Mar 10, Mar 17

If interested, please register through
this link or QR code by January 30:

https://usc.qualtrics.com/jfe/form/SV_5z5yROA0TiK6U1E



DROP-INS 2/3-3/14

Work one-on-one with an academic coach on topics such as organization, time management, study skills, and more! No appointment is needed and open to all USC students.

*** not including President's Day observance (2/14 & 2/17)**

Mondays 1PM - 4PM ONLINE *

Tuesdays 11AM - 1PM IN PERSON

Wednesdays 11AM - 1PM IN PERSON

Thursdays 12PM - 2PM ONLINE

Fridays 12PM - 2PM IN PERSON*

ONLINE Zoom link: <https://usc.zoom.us/j/92571867937>

IN PERSON: Student Union 311 (STU 311)



WORKSHOPS

Join us for our skill-building workshop series from
11AM on Tuesdays and Fridays

KCLC will present workshops on Zoom on the topics listed below.

ZOOM LINK: <https://usc.zoom.us/j/95019147813>

FEBRUARY

4TH, 7TH, 11TH, 14TH, 18TH, 21ST, 25TH, 28TH

Study Strategies

TECHNIQUES

Discuss methods of improving your scheduling, prioritization, assignment completion, concentration, productivity and goal-setting.

MARCH 4TH & 7TH

Test Taking

TIPS

Improve your exam-preparation skills by exploring different methods of learning, studying taking the test, which can be applied before, during or after the exam.

MARCH 11TH & 14TH

Stress Management

TACTICS

Understand how you experience stress and explore various ways to cope.
Application of stress reduction techniques will be practiced!