



GRADE FIRST AID

Your Guide to a Healthy GPA

Campus Resources

Teaching and Learning Center - 68 PLC, 541-346-3226, tlc.uoregon.edu

Math and writing labs; subject specific tutoring; study skills meetings, workshops, and courses

Career Center - 220 Hendricks Hall, 541-346-3235, career.uoregon.edu

Weekly, interactive workshops to help you with your major and career choices, self-assessment process, resume writing, internship and job search, etc.

Counseling Center - 2nd Floor Health Center, 541-346-3227, counseling.uoregon.edu

Individual/group counseling & therapy, community referrals

Accessible Education Center - 164 Oregon Hall, 541-346-1155, aec.uoregon.edu

Support and services for students with documented disabilities

Center for Multicultural Academic Excellence (CMAE) - 164 Oregon Hall, 541-346-3479, cmae.uoregon.edu

Fosters community for students with a special emphasis on serving students from historically underserved and/or underrepresented groups

Health Professions Program - 68 PLC, 541-346-3226, healthprofessions.uoregon.edu

Are you thinking that your future career might be in a health field? If so, the Health Professions advisors can help you sort out your plan.

Academic Department - uocatalog.uoregon.edu

Want more information on a specific major, talk to an advisor from that department

Office of the Registrar - 220 Oregon Hall, 541-346-2935, registrar.uoregon.edu

Student registration, academic history, transcripts, and degree audit evaluation

Financial Aid - 260 Oregon Hall, 541-346-3221, financialaid.uoregon.edu

Assistance in planning your finances and organizing your resources to cover your college costs

Office of the Dean of Students - 164 Oregon Hall, 541-346-3216, uodos.uoregon.edu

Student conduct, LGBTQQA resources, conflict resolution, non-traditional student programs

Office of International Affairs - 330 Oregon Hall, 541-346-3206, internationalaffairs.uoregon.edu

Advising for international students and study abroad programs

UO Student Organizations - uoregon.orgsync.edu

Explore the more than 160 ASUO-recognized student organizations, including club sports, honor societies, student unions, fraternities and sororities and much more.



UNIVERSITY OF OREGON



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Spring 2015 GFA Workshop Options

Be Well Wednesdays - Counseling Center

Every Wednesday 3:00-3:50 p.m., EMU Rogue River Room

Are you feeling stressed? Do you like free tea? Be Well Wednesdays is an interactive workshop offered weekly where you can learn to identify and manage your own stress through relaxation and stress management techniques.

SOAR Seminar - Career Center (Pre-register online at career.uoregon.edu/workshops#soar)

Tue; 4/28, 6:00-8:30 p.m., LLC

These seminars focus on helping you identify your strengths and interests, and how you can translate these into a major now and a career in the future.

Grammar Hour Workshop Series - TLC

Tue; Weekly starting 4/7, 3:00-3:50 p.m., 51 PLC

Weekly free drop-in workshop series tackles common grammar issues to help you streamline your writing process.

See weekly topics at: tlc.uoregon.edu/grammar-hour

Making the Most of 24/7 - TLC

Wed; 4/22, 6:00-6:50 p.m., 72 PLC

Learn new ways to prioritize your to-dos, keep up with deadlines, and balance different areas of your life.

Speed Reading Basics - TLC

Wed; 4/22, 7:00-7:50 p.m., 72 PLC

Ever wondered how or if you could cut down on reading time without sacrificing comprehension? Come give speed reading techniques a try!

Five and Thrive: Research-Based Strategies for Effective Studying - TLC

Thur; 5/7, 3:30-4:30 p.m., 240D WIL

Join this interactive workshop to explore how five principles of learning can transform your study time and your results.

You Majored in What? - OAA

Tue; 5/5, 1:30-2:30 p.m., 360 OH

Still exploring majors? This hands on workshop will help you narrow down your options.

Taming Test Anxiety - TLC

Tue; 5/19, 6:00-6:50 p.m., 72 PLC

Gain new ideas for studying effectively, staying positive, navigating test questions-and unleashing your true ability.

Finishing Strong - TLC

Tue; 5/19 7:00-7:50 p.m., 72 PLC

Academic muscles quivering with fatigue? Join us for coaching and techniques to boost your motivation, time management, and study system for a strong push across the spring finals finish line.

You Majored in What? - OAA

Thur; 5/28, 2:00-3:00 p.m., 360 OH

Still exploring majors? This hands on workshop will help you narrow down your options.