

# NYU University Learning Center

## Study Smart Series

*We all want to succeed in life. We have countless ideas about what it means to be a happy and successful college student. But sometimes we just need skills and tools to help us get there. That's where this workshop series comes in. We will provide practical strategies and skills for tapping into and nurturing your own happiness, including several research-based activities that foster social and emotional wellbeing and promote an opportunity for growth.*

### **Week 1: Science of Positive Emotion**

Most people have a fundamental desire to be happy. Throughout our lives we build these ideas of what happiness means to us. But not many of those ideas are based on science. This workshop explores the science of positive emotions and provides you with skills, tools and resources to help build study habits that promote wellbeing and contribute to your overall success.

### **Week 2: Finding your own Signature Strength**

We often find ourselves thinking about our weaknesses more than we do our strengths. Think about the last time you got a grade below what you expected. The first question you tend to ask yourself is what went wrong, rarely ever what went right? In this workshop we will go over skills and techniques to use for self-improvement, discuss character strengths, and talk about how we can utilize them in our day to day lives.

### **Week 3: Change and the College Student**

Saying that the brain is like a computer is an understatement. Yes the brain has so many connections, and so many internal circuits, but it is also capable of rewiring those internal circuits to its own benefits. This workshop will explore mindset and plasticity, and how a college student might use that to their advantage. We will touch on willpower and the consequences of doing nothing. We will end by talking about the dilemma we all face when it comes to making choices: What's best for you?

### **Week 4: Relationships, Communications, and how friendships are the key to success**

We live in a world where networking has become such a prominent tool on the pathway to success. In this workshop we will explore the science of positive relationships. We will discuss the hidden influence of social networking. Give you some tools for communications and establish how to create and sustain high quality connections in the workplace.

### **Week 5: Healthy Body, Healthy Mind: Nutrition, Exercise, & Sleep**

Ask yourself, how long has it been since you have gotten the right amount of food, worked out properly, and gotten the right amount of sleep in one day? We talk about how important these three elements are in our lives but for some reason we tend to ignore at least one of them. In this workshop we will discuss nutrition and its importance in success. We will talk about positive psychology in motion and physical activity. We will engage in conversation on the effect of sleep deprivation on judgement and the costs of chronic partial sleep loss. We will give you some tools, tips and strategies to help plan out your day as well!

### **Week 6: Empty your thoughts: Mindfulness and Meditation, Stress and Resilience**

We think. We spend so much of our time trapped in our thoughts and listening to what we have to say to ourselves. In an academic setting, we are taught how to think, and we are taught that we need to use our brain in order to succeed. This workshop asks you to take a break from that. We will be discussing mindfulness and meditation and how they work. We will spend time practicing mindfulness through various activities and discussing how that might help us in our academic career. We will end the session by talking about the benefits of being present through mindfulness and meditation

### **Week 7: The lens of your life: Optimism, Pessimism and Gratitude**

"Why can't you be more optimistic?" I think the majority of us have received this kind of question before. This workshop will discuss the pros and cons of being either an optimist or a pessimist. We will talk about realistic optimism as well. We will then tap into gratitude and talk about how gratitude might lead to success and a healthy mindset. Why can being thankful help us so much? Why do we need to take a moment to reflect and consider what has happened to us?

### **Week 8: Turning Potential into Positive Excellence**

We all have potential. We have the innate desire to become a better version of ourselves. We strive for excellence yet oftentimes we are faced with obstacles that make us want to give up. How many of you have seen people with so much talent who just stopped doing what they loved because they gave up? This workshop is going to discuss people's search for meaning. We are going to talk about creativity and its importance. Then we will give you some tools for transforming potential into something kinetic. We will discuss growth mindsets and fixed mindsets. We will end the workshop by talking about your passions and discuss strategies to help you achieve what you want to achieve.