

Howards Phillip Hall: Room 113 ~ Phone: (407) 823-5130



Go Knights!!!



Time Management is essential to your success.- Seems like you have a test in every class this week?

There are many benefits to effective time management skills, the number one being stress relief. When it seems as though there is a lot of work to do, write down (don't just think about it) all the stuff you have to get done. Then, prioritize the list and be realistic about how much time it takes to complete each task. Schedule breaks in between tasks and adhere to the time allotted for the break. Distractions are one of the main reasons people procrastinate and do not manage their time well. When doing homework or studying, make sure that you are in an area that is free of distractions and you can focus. There are several buildings open late on campus and SEPS can provide safe transportation to your car or dorm if you are on campus late at night. When you manage your time well, you will not be stressed out about the list of things you have to do. This will lead to more free time to enjoy the events UCF is hosting and to explore the city of Orlando.

Mark your calendars

- September 19th- Learning Fair
- October 12th - Withdrawal Deadline

Want to be a part of history???

Get the chance to attend the first football game in the **NEW UCF Stadium**. Sign up at <http://tickets.athletics.ucf.edu/lottery/>

Your Advisor wants to meet with you!!!

All Pegasus, CAP and STEP students are required to meet with their Academic Advisor before the withdrawal deadline, **October 12, 2007.**

Please call 407-823-5130 to make an appointment.

Upcoming Workshops

How to Get an Easy "A"

Tuesday, September 4th
6pm - 7pm
Tower II Lobby

Goal Setting /Motivation

Wednesday, September 5th
4pm - 5pm
Student Union Room
316D