Researchers argue that self-regulatory behavior is the heart of being successful in higher education. Yet, several undergraduate students enter post-secondary institutions without the behavior management skills for successful academic achievement. This workshop will focus on the primary self-regulatory strategies necessary for an academic environment. Efficient time management practices, self-motivation, and anti-procrastination strategies will be explored. Dr. Hazard is an award-winning educator who was selected by the National Resource Center for The First-Year Experience and Students in Transition as a top ten Outstanding First-Year Student Advocate.

Please RSVP by April 10th to celt@bridgeport.edu.
A lunch reception will be included.