

Upswing

STUDENT

WORKSHOPS



Students can join online workshops led by expert tutors & Upswing staff

Spring 2026 Workshop Topics:

- Study Skills and Test Prep
- Anxiety and Stress Management
- APA and MLA Formatting
- Research and Thesis Statements
- Personal Finance and Budgeting
- Resumes 101
- Resume Drop In
- Core Concepts in Nursing - **NEW!**

All workshops are recorded. Registered students will receive a copy of the recording as well as any handouts.