

TASS Spring 2023 Workshops/Events

Welcome Back, Let's Plan Your Spring Semester

Thursday, February 9th 5pm | 130 Capen

Start your Spring Semester off on the right track! Meet up with other First-Gens and get your Spring Semester Survival Kit!

Midterm Madness

Tuesday, March 14th 1-4pm | 130 Capen Hall

Take a break from the madness with TASS! Stop by, refresh on some study skills, and build your bracket of the best study snacks!

Changing Your Major & Career Exploration

Presented by: Career Design Center

Tuesday, March 28th 4pm | 260 Capen Hall

Thinking about changing your major? Wanting to get some experience this summer? Come meet with Career Services and learn more!

Self-Care & Stress Relief

Presented by: UB Health Promotions

Tuesday April 25th 4pm | 260 Capen Hall

Take some time to step back and mentally reset before finals. Learn successful strategies for self-care!

First-Generation End-of-Year Celebration

Thursday May 4th 5pm | 130 Capen Hall

Stop by the TASS center to pick up some post-it notes and your five-day study plan. We will also have some tips to help you to finish off the semester strong

Finals Stretch

Wednesday May 10th 1-4pm | 130 Capen Hall

Finals got you feeling *sour*? Stop by the TASS center, get some lemonade and your five-day study plan. We will also have some *sweet* tips to help you to finish off the semester strong.



University at Buffalo

Tutoring and Academic
Support Services

Location: 130 Capen Hall, North Campus

Phone: 716-645-6693

TASS Email: asktutoring@buffalo.edu

Website: <https://www.buffalo.edu/studentsuccess/tutoring.html>

First Generation Email: firstgeneration@buffalo.edu

Website: <https://www.buffalo.edu/studentsuccess/succeed/firstgen.html>