

# TASS Fall 2023 Workshops/Events

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## Money Matters: Financing your Education

*Presented by: UB Financial Aid Office*

**Tuesday, September 19<sup>th</sup> 5-6pm**

Connect with financial aid representatives to uncover ways to finance your education through student loans, scholarships, grants, and more!!

## Midterm Madness

**Wednesday, September 27<sup>th</sup> 12-4pm**

Sidestep mid-semester burnout!! Stop by the TASS center to grab an inspirational quote, highlighter, and some study tips to help you power through the midterm season.

## Opportunities to Support your Education

*Presented by: Student Success Services, McNair, Experiential Learning Network, CSTEP, Blackstone, Wellness Coaching, and the Career Design Center*

**Tuesday, October 24<sup>th</sup> 5-6pm**

Expand your network and discover incredible opportunities at UB, such as fellowships, paid research, and experiential learning. Students will get the opportunity to meet with representatives from UB's financial wellness program, ELN, CStep, Blackstone Launchpad, McNair, Student Support Services, and more!!!

## Mental Health and Self Care

*Presented by: UB Health Promotions*

**Tuesday, November 14<sup>th</sup> 5-6pm**

Take a moment to relax and clear your mind before final exams. Learn self-care strategies to help you get through finals.

## Finals Stretch

**Wednesday November 29<sup>th</sup> 12-4pm**

Finish the Fall semester strong!!! Stop by the TASS center to pick up some post-it notes and your five-day study plan.



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**Location: 130 Capen Hall, North Campus**

**Phone: 716-645-6693**

**TASS Email: [asktutoring@buffalo.edu](mailto:asktutoring@buffalo.edu)**

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

**First Generation Email: [firstgeneration@buffalo.edu](mailto:firstgeneration@buffalo.edu)**

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