

TASS Spring 2024 Workshops/Events

FAFSA Completion Workshop (Location: 310 Silverman)

Presented by: Financial Aid Office

Thursday, February 8th 4pm-5pm

Connect with financial aid representatives to help students complete the newly designed FAFSA application for the 2024-2025 academic year.

Building your Brand and Navigating the Job/Internship Search (Location: 259 Capen)

Presented by: Career Design Center

Tuesday, February 22nd 4pm-5pm

Come and connect with first-generation UB Alumni and grow your network! Learn from alumni on how to build your brand and stand in out in your career field.

Midterm “March” Madness (Location: 130 Capen)

Wednesday, March 6th 12pm – 4pm

Dribble around 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.

The ABCs of Getting your Zzzzz’s (Location: 310 Silverman)

Presented by: UB Health Promotions

Tuesday, April 16th 4-5pm

Take a moment to relax and clear your mind before final exams. Learn self-care strategies specifically for getting sleep and what it can do to help you as a student.

End of Semester Celebration (Location: 130 Capen)

Tuesday April 30th 6:30pm-7:30pm

Celebrate the end of the 2023–24 academic year with the first-generation end of semester celebration. You’ll have the opportunity to meet and mingle with your fellow first-generation class of 2027 cohort and celebrate our graduating mentors and other first-generation students.

May the 4.0 Be With You (Location: 130 Capen)

Wednesday May 1st 12pm – 4pm

Finish the Spring semester strong!!! Stop by the TASS center to get some extra motivation, stress relief toys and a snack.



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First Generation Email: firstgeneration@buffalo.edu

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