

# Tutoring and Academic Support Services Workshop/Events Fall 2025

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## TASS Fall 2025 Success Workshops

### First-Gen Fest: Welcome Bash & Resource Fair

**Monday, August 25th | 4:00 PM | 130 Capen**

Launch the new academic year with music, snacks and a networking circle to meet fellow first-gen students and mentors. Learn about key UB resources to help you succeed.

### Money Moves: Budget Basics

**Monday, September 22nd | 4:00 PM | 107 Capen**

Join UB Health Promotion in their workshop that helps students reduce financial stress, improve financial management skills, and learn more about their money and personal finance.

### Midterm Power-Up Station

**Thursday, October 9th | 12:00 PM - 4:00 PM | 130 Capen**

Recharge with DIY study kits, motivational notes, and focused music playlists. Fuel up with snacks and create a custom plan to crush your exams.

### Wellness Works: Self-Care Isn't Selfish

**Monday, November 10th | 4:00 PM | 107 Capen**

Take a mindfulness break and join UB Health Promotion for some ways to reduce your stress and reset for the finals season.

### Final Boss Battle: Prep for Success

**Tuesday, December 2nd | 12:00 PM - 4:00 PM | 130 Capen**

Gear up for final exams with a finals survival kit, five-day study planner, and personalized academic pep talks. Let's finish strong!



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