

A graphic consisting of nine green squares arranged in a 3x3 grid, positioned to the left of the main title.

# ROCK THE BLOCK

A series of workshops to develop skills  
for success on the Block Plan.

*All sessions in McHugh Commons at 5pm. Dinner provided;  
RSVP through SUMMIT at [apps.ideal-logic.com/ccbb](https://apps.ideal-logic.com/ccbb)*

Block 1, September 3: *You can't, you won't, and you  
don't stop: Time Management on the Block Plan*  
facilitated by Traci Freeman & Re Evitt

Block 2, October 1: *200 Pages Before I Sleep:  
Reading Efficiently on the Block Plan*  
facilitated by Jan Edwards

Block 3, October 29: *Silencing Your Inner Critic:  
Managing Anxiety on the Block Plan*  
facilitated by Heather Horton

Block 4, December 3: *Space, Visualize, Elaborate:  
Improve Your Memory on the Block Plan*  
facilitated by Jan Edwards & Traci Freeman

Block 5, January 21: *Say It Like You Mean It:  
Communication in the College Classroom*  
facilitated by Jeremy Remy & Julian Plaza

Block 6, February 18: *Dig Deep:  
Staying Motivated on the Block Plan*  
facilitated by Traci Freeman

Block 7, March 25: *Beyond Breathing:  
Relaxation & Stress Management on the Block Plan*  
facilitated by Heather Horton