Academic Skills Workshops

1. **Time Management: how to avoid procrastination and manage your time wisely**

   Do you ever find yourself procrastinating on assignments or studying until the very last minute? In this workshop we will discuss techniques such as the Steven Covey Time Matrix, Semester on a Page, The Ultimate Schedule, and how to make the most of to-do-lists. This workshop is great for figuring out where all the time goes in the day and how to budget your time so you still have time for fun.

2. **Goal Setting: how to make SMART goals and achieve them**

   Sure, you have goals, but do you have the tools necessary to help you achieve them? During this workshop, we will introduce you to Goal Theory, teach you the 5 characteristics of effective goals, and show you how to set SMART (Specific, Measurable, Achievable, Relevant, and Timely) goals. Leave with the knowledge to achieve even your most ambitious short- and long-term goals.

3. **Test-Prep and Test-Taking Strategies**

   In this workshop, we will go over specific methods for how to prepare for tests more efficiently, including concept cards, flashcards, and crib sheets. Don’t waste any more of your time just reading over your notes and not being able to remember the material for your test. We’ll even go over information about what test preparation strategies work best for different subjects. If you come by our Test-Prep and Test-Taking Strategies Workshop, we can share some insight to make the whole testing experience less painful.

4. **Note Taking and Strategies for Reading**

   During this workshop, we’ll demonstrate strategies that will help you work with information from both textbooks and lectures. You’ll learn the difference between active and passive learning and how to employ active reading strategies to further your retention. We can help you learn how to identify relevant information from reading assignments and take notes to maximize learning so you don’t wind up reading a textbook without remembering any of the information you just read.

5. **Surviving and Thriving in Math**

   Math is a difficult subject for many students, but if you come to our Surviving and Thriving in Math Workshop, we’ll give you tips on how to pick a math class, how to take effective notes using the highly effective Cornell system, and what campus resources can help you when you’re struggling. Also, studying for math tests is different than studying for other tests, so we’ll go over some specific math test-taking strategies to help you succeed.

6. **Memory Strategies**

   This workshop is full of interesting and beneficial material such as the major processes involved in committing material to memory, the different types of memory, the reasons that we forget information, and how to use your memory most effectively in school and in life.
7. Surviving in Online Classes

Many students assume that online classes will be an easy A... You don’t even have to go to class right? Wrong. Online Classes are actually far more difficult than you would think. This workshop will walk you through the hidden pitfalls and help you build the game plan you will need to succeed.

8. Test Anxiety and Learning to Manage Stress

Tests are hard enough without the anxiety and stress that comes with them. In this workshop we’ll show you some relaxation methods to help conquer your anxiety, manage your stress, and stay cool-headed while taking exams. Learn about study techniques that minimize anxiety and how to mimic your test environment to calm your nerves before your test.

9. Learning How You Learn: Multiple intelligences and your learning style

Come to our Learning How You Learn: Multiple Intelligences and Your Learning Style Workshop to take an assessment identifying the type of intelligence you possess and how to tailor your studying to make the most of your strengths. Once you figure out your learning style, you’ll be surprised at how many methods there are to make your studying easier and more efficient.

10. Overcoming Stage Fright: Tips for public speaking and presenting

Public speaking can be scary, and in college, there may be many times when you will have to face this fear. This workshop provides specific tips and methods on how to fight your fright and be the smooth public speaker you always dreamed of being. You’ll learn how to write a good speech, techniques and strategies to be aware of while you’re speaking, and we will do a video activity giving you the chance to apply what you learned to critique other speeches.

11. Preparing for Final Exams

Preparing for final exams is can be difficult, but if you come to our Preparing for Final Exams workshop, we can show you several ways to make your final exams less stressful. From study methods like learning how to utilize flashcards to time management techniques like the 8-day study plan, we have the tools to make this round of final exams your most successful and least stressful yet!