WORKSHOP WEDNESDAYS!
ACADEMIC SKILLS WORKSHOPS: FALL 2013

5:00-6:00 p.m. Bear Down Gym

Aug 28th – Time Management: How to Avoid Procrastination and Manage Time Wisely
Sept 4th – Goal Setting: SMART Goals and How to Achieve Them
Sept 11th – Strategies for Success in Online Classes
Sept 18th – Note Taking & Strategies for Reading
Sept 25th – Surviving and Thriving in Math
Oct 2nd – Memory Strategies: Remembering Important Material
Oct 9th – Test Anxiety and Learning to Manage Stress
Oct 16th – Test Prep and Test Taking Strategies
Oct 23rd – Time Management: How to Avoid Procrastination and Manage Time Wisely
Oct 30th – Note Taking and Strategies for Reading
Nov 11th – No Workshop (VETERANS DAY)
Nov 6th – Overcoming Stage Fright: Tips for Public Speaking and Presenting
Nov 13th – Learning How You Learn: Multiple Intelligences and Your Learning Style
Nov 20th – Test Anxiety and Learning to Manage Stress
Dec 4th – Preparing for Final Exams
Dec 11th – Preparing for Final Exams