

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

