ACADEMIC SKILLS WORKSHOPS
Spring 2016
5:00-6:00 p.m. in Bear Down Gym

Jan 20th  College Success Strategies
Jan 27th  Time Management: How to Avoid Procrastination and Manage Time Wisely
Feb 3rd  Time Management: How to Avoid Procrastination and Manage Time Wisely
Feb 10th  Strategies for Success in Online Classes
Feb 17th  Note Taking & Strategies for Reading
Feb 24th  Surviving and Thriving in Math
Mar 2nd  Test Prep and Test Taking Strategies
Mar 9th  Tackle Your Test Anxiety: Presented in partnership with CAPS
Mar 23rd  Learning How You Learn: Multiple Intelligences and Your Learning Style
Mar 30th  Time Management: How to Avoid Procrastination and Manage Time Wisely
Apr 6th  Note Taking and Strategies for Reading
Apr 13th  Overcoming Stage Fright: Tips for Public Speaking and Presenting
Apr 20th  Preparing for Final Exams
Apr 27th  Tackle Your Test Anxiety: Presented in partnership with CAPS
May 4th  Preparing for Final Exams