Scattered? Frustrated? Behind in Homework? Take Control… of Your Academic Life!
An overview of the foundational skills for becoming a well-organized and master student will be provided. Students will learn goal setting strategies, concentration skills and develop an individualized “plan” for efficient study time.

Thursday, September 14  3-4 p.m.

Notetaking: Are You Getting the Most Out of Each Lecture?
This workshop will cover ways to improve notetaking skills and especially how to “keep up” during fast-paced lectures. The relationship between quality listening and notetaking skills will also be discussed.

Thursday, September 21  3-4 p.m.

Thinking Skills in Problem Solving
New information about critical thinking to enhance your ability to retain new information and derive new meaning.

Thursday, September 28  3-4 p.m.

Writing Papers
An overall discussion of the writing process for term papers, research papers and essay exams. Other topics include organizations of ideas, structure and outlines.

Thursday, October 5  3-4 p.m.

Test-Taking Anxiety
Did you know the material for the test only to miss it on the exam? Creative ways to relieve anxiety will be presented and practiced.

Thursday, October 12  3-4 p.m.

Power Reading
Students will participate in reading exercises that will enable them to calculate their own reading rate as well as strategies to improve overall comprehension and speed. Emphasis will be placed on “quality” reading needed for tests and comprehension.

Thursday, October 19  3-4 p.m.

Learn to Remember – Remember to Learn!
The importance of utilizing short and long-term memory will be discussed. Students will be involved in memory exercises and techniques that sharpen the ability to recall information.

Thursday, October 26  3-4 p.m.

Exam-Taking Strategies
Are you “cramming” before every test? Preparing for exams as a semester-long process will be discussed. Test-taking strategies for objective and essay exams will be covered.

Thursday, November 2  3-4 p.m.