KCLC Workshop Schedule – Spring 2015
All workshops will take place in the Kortschak Center (STU 311) Conference Room and will last 50 minutes.

MONDAYS at 11 am
“KCLC Writing Strategies: Anatomy of an Essay”
This workshop will discuss how to construct an essay. From paragraph formation to thesis structure, the goal of this session is to help you become a more confident writer and feel more comfortable with the writing process.

MONDAYS AT 1 pm
“Unlocking Your Power: Mindfulness and Positive Thinking”
Learn how to combat negative influences and patterns of thinking. This workshop will focus on how to remain present, reframe your thoughts, and embrace unexpected sources of happiness that can positively impact your academics and overall well-being.

TUESDAYS at 12 pm
“Sleep 101: Getting Your ZZZ’s”
Are you tired of being tired? In this workshop, you will learn not only how sleep deprivation can impact academic performance and overall well-being, but also get tips on how to improve your sleep habits and feel more well-rested.

TUESDAYS at 3 pm
“Life Hacks: Prioritizing for Personal Productivity”
Find your optimal wellness by learning to organize your time efficiently. Using Stephen Covey’s time management quadrants, this workshop will show you a framework for managing your time in order to get the most out life!

WEDNESDAYS at 12 pm: Learning Enrichment Workshops
2/11/2015-Reading 4 Content
2/18/2015-Writing Papers
2/25/2015-Why Critical Thinking?
3/4/2015-Practicing Mindfulness While Preparing for Exams
Monday, 5/4/2015- Practicing Mindfulness While Preparing for Exams

WEDNESDAYS at 2 pm
“Say Goodbye to Test Anxiety”
This workshop will help you understand the causes of test anxiety and provide practical tips on how to reduce anxiety before taking an exam.

THURSDAYS at 10 am
“Effective Reading Strategies: Read Smarter, Not Harder”
This workshop will provide strategies for how to read articles and textbooks more effectively in order to help you tackle large reading assignments. You will learn tips for how to reduce your reading time as well as strategies to improve your understanding of the material.

THURSDAYS at 2 pm
“Developing Effective Communication Skills”
This session will explore the barriers that we face everyday with communication and what we can do to overcome them. In this workshop, you will learn practical strategies for how to improve your communication skills that can be used in your daily interactions with both peers and professors.

Please visit our website https://kortschakcenter.usc.edu to RSVP for workshops and more information.