

**Academic Skills Workshops
Fall 2017**



College Reading Strategies

Sept 22	Fri	10:30-11:45am
Oct 26	Thurs	10:30-11:45am
Nov 20	Mon	3:00-4:15pm

Exam Strategies

Sept 27	Wed	4:30-5:45pm
Nov 6	Mon	1:30-2:45pm
Nov 29	Wed	3:00-4:15pm

How Do YOU Learn Best

Aug 28	Mon	3:00-4:15pm
Oct 12	Thurs	10:30-11:45am

Improving Concentration

Sept 7	Thurs	1:30-2:45pm
Oct 19	Thurs	3:00-4:15pm
Dec 1	Fri	10:30-11:45am

Managing Performance Anxiety

Oct 2	Mon	1:30-2:45pm
Nov 9	Thurs	10:30-11:45am
Dec 6	Wed	6:00-7:00pm

Managing Math Anxiety

Aug 31	Thurs	12:00-1:15pm
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Memory Strategies

Sept 26	Tues	6:00-7:00pm
Oct 31	Tues	1:30-2:45pm
Dec 4	Mon	3:00-4:15pm

Motivation & Goal Setting

Sept 19	Tues	10:30-11:45am
Oct 25	Wed	4:30-5:45pm
Nov 15	Wed	4:30-5:45am

Note Taking

Sept 12	Tues	10:30-11:45am
Oct 4	Wed	4:30-5:45pm
Nov 7	Tues	4:30-5:45pm

Organization Strategies

Sept 18	Mon	3:00-4:15pm
Oct 24	Tues	10:30-11:45am

Overcoming Procrastination

Sept 13	Wed	4:30-5:45pm
Oct 10	Tues	6:00-7:00pm
Oct 20	Fri	1:30-2:45pm

Project Management

Nov 3	Fri	10:30-11:45am
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Scheduling & Time Management

Aug 30	Wed	4:30-5:45pm
Oct 9	Mon	3:00-4:15pm
Nov 17	Fri	1:30-2:45pm

Science Study Strategies

Oct 5	Thurs	3:00-4:15pm
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Sleep Better

Sep 29	Fri	1:30-2:45pm
Oct 16	Mon	1:30-2:45pm
Nov 2	Thurs	12:00-1:15pm

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