

COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - SPRING 2010

All workshops are held in ED 231A

| March 2010 | | | | |
|--|--|--|-------------------------------------|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 1 | 2 | 3 | 4 | 5 |
| Time Management 1:00 pm - 2:00 pm | Note Taking 8:30 am - 9:30 am | Study Skills 11:30 am - 12:30 pm | | |
| 8 | 9 | 10 | 11 | 12 |
| | Test Taking 5:30 pm - 6:30 pm | Math Anxiety 1:00 pm - 2:00 pm | Goal Setting 11:30 am - 12:30 pm | |
| 15 | 16 | 17 | 18 | 19 |
| Stress Management 10:00 am - 11:00 am | Learning Styles 5:30 pm - 6:30 pm | Memory Techniques 2:30 pm - 3:30 pm | Note Taking 8:30 am - 9:30 am | |
| 22 | 23 | 24 | 25 | 26 |
| Study Skills 11:30 am - 12:30 pm | Goal Setting 1:00 pm - 2:00 pm | Test Taking 8:30 am - 9:30 am | Math Anxiety 1:00 pm - 2:00 pm | |
| 29 | 30 | 31 | | |
| Learning Styles 2:30 pm - 3:30 pm | Stress Management 8:30 am - 9:30 am | Note Taking 11:30 am - 12:30 pm | | |

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|--------------------------------------|---|------------------------------------|---|---------------------------------|---|
| READ 019 Goal Setting | Read 019:Goal Setting Successful people decide their priorities, then set & accomplish their goals. | ENGL 030 Study Skills | Engl 030:Study Skills Develop new reading techniques to improve your comprehension and reduce the need to re-read. | MATH 017 Math Anxiety | Math 017:Math Anxiety Apply these valuable note taking, test taking & relaxation tips to become a confident math student. |
| READ 040 Memory Techniques | Read 040:Memory Techniques Discover memory techniques that will improve your ability to recall course material more easily. | ENGL 040 Learning Styles | Engl 040:Learning Styles Discover your learning style & survey multiple intelligences. Use this information to apply study methods unique to you. | MATH 020 Test Taking | Math 020:Test Taking Reduce test anxiety! Learn test preparation techniques and how to take tests with confidence. |
| READ 099 Note Taking | Read 099:Note Taking Learn or improve note-taking techniques to help you understand lecture and textbook material. | ENGL 100 Stress Mgmt | Engl 100:Stress Management Learn new ways to reduce stress. Good for school pressures, test anxiety & your overall general health! | MATH 029 Time Mgmt | Math 029:Time Management Discover ways to organize your week more effectively to become a stellar student. |

| April 2010 | | | | |
|---|-------------------------------------|--------------------------------------|-------------------------------------|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | 1 | 2 |
| | | | Goal Setting 1:00 pm - 2:00 pm | |
| 5 | 6 | 7 | 8 | 9 |
| | Study Skills 10:00 am - 11:00 am | Time Management 1:00 pm - 2:00 pm | Test Taking 2:30 pm - 3:30 pm | |
| 12 | 13 | 14 | 15 | 16 |
| SPRING BREAK **** SPRING BREAK **** SPRING BREAK **** SPRING BREAK | | | | |
| 19 | 20 | 21 | 22 | 23 |
| Memory Techniques 1:00 pm - 2:00 pm | | Learning Styles 8:30 am - 9:30 am | Math Anxiety 10:00 am - 11:00 am | |
| 26 | 27 | 28 | 29 | 30 |
| Study Skills 8:30 am - 9:30 am | Test Taking 1:00 pm - 2:00 pm | Note Taking 5:30 pm - 6:30 pm | | |

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| May 2010 | | | | |
|---|---|---|---|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 3 | 4 | 5 | 6 | 7 |
| Study Skills 1:00 pm - 2:00 pm | Learning Styles 10:00 am - 11:00 am | | Note Taking 8:30 am - 9:30 am | |
| 10 | 11 | 12 | 13 | 14 |
| Memory Techniques 11:30 am - 12:30 pm | Stress Management 5:30 pm - 6:30 pm | Learning Styles 1:00 pm - 2:00 pm | Study Skills 10:00 am - 11:00 am | |
| 17 | 18 | 19 | 20 | 21 |
| Note Taking 10:00 am - 11:00 am | Time Management 8:30 am - 9:30 am | Test Taking 1:00 pm - 2:00 pm | Memory Techniques 11:30 am - 12:30 pm | |
| 24 | 25 | 26 | 27 | 28 |
| Goal Setting 8:30 am - 9:30 am | Study Skills 10:00 am - 11:00 am | Math Anxiety 11:30 am - 12:30 pm | Stress Management 1:00 pm - 2:00 pm | |
| 31 | | | | |
| HOLIDAY | | | | |

| | | | | | |
|--------------------------------------|---|------------------------------------|---|---------------------------------|---|
| READ 019 Goal Setting | Read 019:Goal Setting Successful people decide their priorities, then set & accomplish their goals. | ENGL 030 Study Skills | Engl 030:Study Skills Develop new reading techniques to improve your comprehension and reduce the need to re-read. | MATH 017 Math Anxiety | Math 017:Math Anxiety Apply these valuable note taking, test taking & relaxation tips to become a confident math student. |
| READ 040 Memory Techniques | Read 040:Memory Techniques Discover memory techniques that will improve your ability to recall course material more easily. | ENGL 040 Learning Styles | Engl 040:Learning Styles Discover your learning style & survey multiple intelligences. Use this information to apply study methods unique to you. | MATH 020 Test Taking | Math 020:Test Taking Reduce test anxiety! Learn test preparation techniques and how to take tests with confidence. |
| READ 099 Note Taking | Read 099:Note Taking Learn or improve note-taking techniques to help you understand lecture and textbook material. | ENGL 100 Stress Mgmt | Engl 100:Stress Management Learn new ways to reduce stress. Good for school pressures, test anxiety & your overall general health! | MATH 029 Time Mgmt | Math 029:Time Management Discover ways to organize your week more effectively to become a stellar student. |

| June 2010 | | | | |
|-----------|---|---|--|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | 1 | 2 | 3 | 4 |
| | Stress Management 1:00 pm - 2:00 pm | Test Taking 11:30 am - 12:30 pm | Math Anxiety 8:30 am - 9:30 am | |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | | |



For questions - contact Diana Gill at (626) 914-8577