

COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - SPRING 2018

All workshops are held in SS 281 (unless otherwise noted)

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

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Goal Setting 2:00 p.m. - 3:00 p.m. SS-281	
5	6	7	8	9
	Time Management 5:00 p.m. - 6:00 p.m. SS-281	Learning Styles 11:00 a.m. - 12:00 p.m. SS-281	Memory Techniques 1:00 p.m. - 2:00 p.m. SS-238	
12	13	14	15	16
	Note-Taking 1:00 p.m. - 2:00 p.m. SS-281	Test-Taking 1:00 p.m. - 2:00 p.m. SS-281	Stress Management 4:00 p.m. - 5:00 p.m. SS-281	
19	20	21	22	23
	Math Anxiety 5:30 p.m. - 6:30 p.m. SS-281	Study Skills 2:00 p.m. - 3:00 p.m. SS-281	Learning Styles 9:00 a.m. - 10:00 a.m. SS-205	
26	27	28	29	30
	Time Management 1:00 p.m. - 2:00 p.m. SS-281	Memory Techniques 5:00 p.m. - 6:00 p.m. SS-281	Goal Setting 3:00 p.m. - 4:00 p.m. SS-281	

APRIL 2018

APRIL 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Stress Management 5:00 p.m. - 6:00 p.m. SS-281	Test-Taking 12:30 p.m. - 1:30 p.m. SS-281	Math Anxiety 2:00 p.m. - 3:00 p.m. SS-281	
9	10	11	12	13
	Note-Taking 3:00 p.m. - 4:00 p.m. SS-281	Study Skills 1:30 p.m. - 2:30 p.m. SS-281	Time Management 3:00 p.m. - 4:00 p.m. SS-281	
16	17	18	19	20
HOLIDAY				
23	24	25	26	27
	Memory Techniques 2:00 p.m. - 3:00 p.m. SS-281	Learning Styles 5:00 p.m. - 6:00 p.m. SS-281	Goal Setting 2:00 p.m. - 3:00 p.m. SS-281	

MAY 2018

MAY 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Note-Taking 1:00 p.m. - 2:00 p.m. SS-281	Test-Taking 4:30 p.m. - 5:30 p.m. SS-281	Stress Management 1:00 p.m. - 2:00 p.m. SS-281	
7	8	9	10	11
	Study Skills 3:00 p.m. - 4:00 p.m. SS-281	Math Anxiety 10:30 a.m. - 11:30 a.m. SS-281	Time Management 1:00 p.m. - 2:00 p.m. SS-281	
14	15	16	17	18
	Learning Styles 12:30 p.m. - 1:30 p.m. SS-205	Goal Setting 5:00 p.m. - 6:00 p.m. SS-205	Stress Management 4:00 p.m. - 5:00 p.m. SS-205	
21	22	23	24	25
	Test-Taking 4:30 p.m. - 5:30 p.m. SS-281	Note-Taking 11:00 a.m. - 12:00 p.m. SS-281	Math Anxiety 9:00 a.m. - 10:00 a.m. SS-281	
28	29	30	31	2
HOLIDAY				
	Study Skills 1:30 p.m. - 2:30 p.m. SS-281	Memory Techniques 5:00 p.m. - 6:00 p.m. SS-281	Time Management 4:00 p.m. - 5:00 p.m. SS-281	

JUNE 2018

JUNE 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
	Stress Management 4:30 p.m. - 5:30 p.m. SS-281	Test-Taking 1:30 p.m. - 2:30 p.m. SS-281	Study Skills 4:00 p.m. - 5:00 p.m. SS-281	