

COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - FALL 2017

All workshops are held in SS 281

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.

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Note-Taking 1:00 p.m. - 2:00 p.m.	Learning Styles 9:30 a.m. - 10:30 a.m.	Goal Setting 2:00 p.m. - 3:00 p.m.	Test-Taking 1:30 p.m. - 2:30 p.m.	
9	10	11	12	13
Time Management 1:00 p.m. - 2:00 p.m.	Math Anxiety 10:30 a.m. - 11:30 a.m.	Stress Management 4:00 p.m. - 5:00 p.m.	Study Skills 1:30 p.m. - 2:30 p.m.	
16	17	18	19	20
Test-Taking 1:00 p.m. - 2:00 p.m.	Memory Techniques 1:00 p.m. - 2:00 p.m.	Math Anxiety 1:30 p.m. - 2:30 p.m.	Stress Management 1:00 p.m. - 2:00 p.m.	
23	24	25	26	27
Note-Taking 1:00 p.m. - 2:00 p.m.	Time Management 10:00 a.m. - 11:00 a.m.	Memory Techniques 2:00 p.m. - 3:00 p.m.	Learning Styles 1:00 p.m. - 2:00 p.m.	
30	31			
Goal Setting 2:00 p.m. - 3:00 p.m.	Study Skills 1:30 p.m. - 2:30 p.m.			

NOVEMBER 2017

NOVEMBER 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Test-Taking 1:00 p.m. - 2:00 p.m.	Math Anxiety 2:30 p.m. - 3:30 p.m.	
6	7	8	9	10
Note-Taking 1:00 p.m. - 2:00 p.m.	Time Management 10:00 a.m. - 11:00 a.m.	Stress Management 1:00 p.m. - 2:00 p.m.	Memory Techniques 2:00 p.m. - 3:00 p.m.	**HOLIDAY**
13	14	15	16	17
Note-Taking 1:00 p.m. - 2:00 p.m.	Learning Styles 9:30 a.m. - 10:30 a.m.	Goal Setting 2:00 p.m. - 3:00 p.m.	Math Anxiety 2:30 p.m. - 3:30 p.m.	
20	21	22	23	24
Test-Taking 1:00 p.m. - 2:00 p.m.	Time Management 10:00 a.m. - 11:00 a.m.	Study Skills 1:30 p.m. - 2:30 p.m.	**HOLIDAY**	**HOLIDAY**
27	28	29	30	
Memory Techniques 2:00 p.m. - 3:00 p.m.	Stress Management 11:00 a.m. - 12:00 p.m.	Test-Taking 1:00 p.m. - 2:00 p.m.	Math Anxiety 2:30 p.m. - 3:30 p.m.	

DECEMBER 2017

DECEMBER 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Stress Management 4:00 p.m. - 5:00 p.m.	Study Skills 11:00 a.m. - 12:00 p.m.	Time Management 10:00 a.m. - 11:00 a.m.	Test-Taking 1:00 p.m. - 2:00 p.m.	
11	12	13	14	15
FINALS	FINALS	FINALS	FINALS	FINALS