

COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - WINTER 2012

All workshops are held in ED 231A

January 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
2		3		4		5		6
		Goal Setting 1:00 pm	Note Taking 3:00 pm	Mem. Tech. 11:00 am	Learn. Styles 1:00 pm	Study Skills 1:00 pm	Stress Mgmt. 3:00 pm	
9		10		11		12		13
Time Mgmt. 11:00 am	Test Taking 1:00 pm	Motivation 1:00 pm	Math Anxiety 3:00 pm	Note Taking 11:00 am	Goal Setting 1:00 pm	Learn. Styles 1:00 pm	Mem. Tech. 3:00 pm	
16		17		18		19		20
HOLIDAY		Stress Mgmt. 1:00 pm	Study Skills 3:00 pm	Test Taking 11:00 am	Time Mgmt. 1:00 pm	Math Anxiety 1:00 pm	Motivation 3:00 pm	
23		24		25		26		27
Goal Setting 11:00 am	Stress Mgmt. 1:00 pm	Study Skills 1:00 pm	Learn. Styles 3:00 pm	Stress Mgmt. 11:00 am	Note Taking 1:00 pm	Mem. Tech. 1:00 pm	Test Taking 3:00 pm	
30		31						
Motivation 11:00 am	Note Taking 1:00 pm	Math Anxiety 1:00 pm	Time Mgmt. 3:00 pm					

Goal Setting	Successful people decide their priorities, then set & 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 & 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 & 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 Mgmt	Learn new ways to reduce stress. Good for school pressures, test anxiety & your overall general health!	Time Mgmt	Discover ways to organize your week more effectively to become a stellar student.

February 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
				1		2		3
				Learn. Styles 11:00 am	Mem. Tech. 1:00 pm	Study Skills 1:00 pm	Goal Setting 3:00 pm	
6		7		8		9		10
Goal Setting 11:00 am	Test Taking 1:00 pm	Motivation 1:00 pm	Study Skills 3:00 pm	Math Anxiety 11:00 am	Time Mgmt. 1:00 pm	Learn. Styles 1:00 pm	Note Taking 3:00 pm	
13		14		15		16		17
20		21		22		23		24
27		28		29				