

EARLY ALERT HYBRID WORKSHOPS-FALL 2023

In-person SS 281 or Visit the Early Alert webpage for workshop Zoom links

<https://www.citruscollege.edu/stdntsrv/counsel/earlyalert/Pages/default.aspx>

Goal Setting	Decide on your priorities and accomplish your short term and long term goals.	Study Skills	Develop new reading techniques to improve 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 2023

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

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Learning Styles 9:00 a.m.-10:00 a.m.	Test Taking 1:00 p.m.-2:00 p.m.	Time Management 1:30 p.m.-2:30 p.m.
6	7	8	9	10
Math Anxiety 1:00 p.m.-2:00 p.m.	Note Taking 5:00 p.m.-6:00 p.m.	Time Management 9:30 a.m.-10:30 a.m.	Study Skills 1:30 p.m.-2:30 p.m.	*HOLIDAY*
13	14	15	16	17
Learning Styles 1:30 p.m.-2:30 p.m.	Memory Techniques 3:30 p.m.-4:30 p.m.	Stress Management 9:00 a.m.-10:00 a.m.	Goal Setting 1:00 p.m.-2:00 p.m.	Math Anxiety 12:00 p.m.-1:00 p.m.
20	21	22	23	24
Time Management 2:00 p.m.-3:00 p.m.	Test Taking 1:00 p.m.-2:00 p.m.	Study Skills 1:30 p.m.-2:30 p.m.	*HOLIDAY*	*HOLIDAY*
27	28	29	30	
Stress Management 1:00 p.m.-2:00 p.m.	Goal Setting 11:00 a.m.-12:00 p.m.	Note Taking 5:00 p.m.-6:00 p.m.	Memory Techniques 2:00 p.m. - 3:00 p.m.	

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Stress Management 1:00 p.m.-2:00 p.m.
4	5	6	7	8
Study Skills 1:30 p.m.-2:30 p.m.	Memory Techniques 3:30 p.m.-4:30 p.m.	Time Management 2:00 p.m.-3:00 p.m.	Learning Styles 9:00 a.m.-10:00 a.m.	Math Anxiety 12:00 p.m.-1:00 p.m.
11	12	13	14	15
FINALS	FINALS	FINALS	FINALS	FINALS

To access the Early Alert Workshops calendar online, scan the QR code:

