



EARLY ALERT WORKSHOPS-FALL 2021

Visit the Early Alert webpage for workshop Zoom links

<https://www.citruscollege.edu/stdntrs/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 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 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Memory Techniques 1:30 p.m.-2:30 p.m.
4	5	6	7	8
Test Taking 3:00 p.m.-4:00 p.m.	Time Management 4:30 p.m.-5:30 p.m.	Math Anxiety 9:00 a.m.-10:00 a.m.	Stress Management 1:30 p.m.-2:30 p.m.	Goal Setting 3:00 p.m.-4:00 p.m.
11	12	13	14	15
Study Skills 2:30 p.m.-3:30 p.m.	Memory Techniques 9:30 a.m.-10:30 a.m.	Test Taking 9:00 a.m.-10:00 a.m.	Note Taking 1:00 p.m.-2:00 p.m.	Time Management 11:00 a.m.-12:00 p.m.
18	19	20	21	22
Stress Management 1:00 p.m.-2:00 p.m.	Math Anxiety 12:00 p.m.-1:00 p.m.	Time Management 10:00 a.m.-11:00 a.m.	Memory Techniques 2:00 p.m.-3:00 p.m.	Test Taking 11:30 a.m.-12:30 p.m.
25	26	27	28	29
Learning Styles 1:00 p.m.-2:00 p.m.	Goal Setting 1:00 p.m.-2:00 p.m.	Study Skills 9:30 a.m.-10:30 a.m.	Test Taking 1:30 p.m.-2:30 p.m.	Note Taking 11:00 a.m.-12:00 p.m.

NOVEMBER 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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.	Test Taking 1:00 p.m.-2:00 p.m.	Time Management 1:30 p.m.-2:30 p.m.
8	9	10	11	12
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.	*HOLIDAY*	Study Skills 1:30 p.m.-2:30 p.m.
15	16	17	18	19
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.
22	23	24	25	26
Time Management 2:00 p.m.-3:00 p.m.	Test Taking 1:00 p.m.-2:00 p.m.	Math Anxiety 10:00 a.m.-11:00 a.m.	*HOLIDAY*	*HOLIDAY*
29	30			
Memory Techniques 11:00 a.m.-12:00 p.m.	Goal Setting 11:00 a.m.-12:00 p.m.			
DECEMBER 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Time Management 9:00 a.m.-10:00 a.m.	Test Taking 1:00 p.m.-2:00 p.m.	Stress Management 1:00 p.m.-2:00 p.m.
6	7	8	9	10
FINALS	FINALS	FINALS	FINALS	FINALS

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

