

COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - SPRING 2017

All workshops are held in SS 281

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.

MARCH 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13	14	15	16	17
Note Taking 11:00 a.m. - 12:00 p.m.	Learning Styles 9:30 a.m. - 10:30 p.m.	Goal Setting 2:00 p.m. - 3:00 p.m.	Test Taking 10:30 a.m. - 11:30 a.m.	
20	21	22	23	24
Time Management 10:00 a.m. - 11:00 a.m.	Math Anxiety 2:30 p.m. - 3:30 p.m.	Stress Management 4:00 p.m. - 5:00 p.m.	Study Skills 1:30 p.m. - 2:30 p.m.	
27	28	29	30	31
Note Taking 9:30 a.m. - 10:30 a.m.	Time Management 10:00 a.m. - 11:00 a.m.	Memory Techniques 2:00 p.m. - 3:00 p.m.	Learning Styles 12:00 p.m. - 1:00 p.m.	

APRIL 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Memory Techniques 10:00 a.m. - 11:00 a.m.	Note Taking 9:00 a.m. - 10:00 a.m.	Math Anxiety 1:30 p.m. - 2:30 p.m.	Stress Management 11:00 a.m. - 12:00 p.m.	
10	11	12	13	14
Study Skills 10:00 a.m. - 11:00 a.m.	Test Taking 1:00 p.m. - 2:00 p.m.	Goal Setting 3:30 p.m. - 4:30 p.m.	Time Management 12:00 p.m. - 1:00 p.m.	

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17	18	19	20	21
SPRING BREAK				
24	25	26	27	28
Memory Techniques 11:00 a.m. - 12:00 p.m.	Stress Management 10:30 a.m. - 11:30 a.m.	Note Taking 4:00 p.m.- 5:00 p.m.	Math Anxiety 1:30 p.m. - 2:30 p.m.	

MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Study Skills 9:30 a.m. - 10:30 a.m.	Time Management 10:30 a.m. - 11:30 a.m.	Test Taking 2:00 p.m. - 3:00 p.m.	Math Anxiety 12:00 p.m. - 1:00 p.m.	
8	9	10	11	12
Learning Styles 10:30 a.m. - 11:30 a.m.	Test Taking 12:30 p.m. - 1:30 p.m.	Goal Setting 4:00 p.m. - 5:00 p.m.	Study Skills 11:30 a.m. - 12:30 p.m.	
15	16	17	18	19
Time Management 11:00 a.m. - 12:00 p.m.	Memory Techniques 1:00 p.m. - 2:00 p.m.	Stress Management 2:30 p.m. - 3:30 p.m.	Note taking 10:30 a.m. - 11:30 a.m.	
22	23	24	25	26
Test Taking 2:00 p.m. - 3:00 p.m.	Learning Styles 10:30 a.m. - 11:30 a.m.	Math Anxiety 4:00 p.m. - 5:00 p.m.	Goal Setting 1:00 p.m. - 2:00 p.m.	
29	30	31		
HOLIDAY	Stress Management 9:30 a.m. - 10:30 a.m.	Test Taking 2:00 p.m. - 3:00 p.m.		

JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Study Skills 12:00 p.m. - 1:00 p.m.	
5	6	7	8	9
Test Taking 10:00 a.m. - 11:00 a.m.	Study Skills 12:30 p.m. - 1:30 p.m.	Test Taking 3:00 p.m. - 4:00 p.m.	Stress Management 11:00 a.m.-12:00 p.m.	
12	13	14	15	16
FINALS WEEK				