

# COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - FALL 2017

All workshops are held in SS 281

<b>Goal Setting</b>	Successful people decide their priorities, then set and accomplish their goals.	<b>Study Skills</b>	Develop new reading techniques to improve your comprehension and reduce the need to re-read.	<b>Math Anxiety</b>	Apply these valuable note taking, test taking and relaxation tips to become a confident math student.
<b>Memory Techniques</b>	Discover memory techniques that will improve your ability to recall course material more easily.	<b>Learning Styles</b>	Discover your learning style and survey multiple intelligences. Use this information to apply study methods unique to you.	<b>Test-Taking</b>	Reduce test anxiety! Learn test preparation techniques and how to take tests with confidence.
<b>Note-Taking</b>	Learn or improve note-taking techniques to help you understand lecture and textbook material.	<b>Stress Management</b>	Learn new ways to reduce stress. Good for school pressures, test anxiety and your overall general health!	<b>Time Management</b>	Discover ways to organize your week more effectively to become a stellar student.

<b>OCTOBER 2017</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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.	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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.	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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.	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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.	
<b>30</b>	<b>31</b>			
Goal Setting 2:00 p.m. - 3:00 p.m.	Study Skills 1:30 p.m. - 2:30 p.m.			

# 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.	<b>**HOLIDAY**</b>
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.	