

# EARLY ALERT WORKSHOPS - SPRING 2019

All workshops are to be held in SS 281 unless otherwise posted

<b>Goal Setting</b>	Decide on your priorities and accomplish your short term and long term 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>APRIL 2019</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Note Taking 1:00 p.m.-2:00 p.m.	Learning Styles 9:30 a.m.-10:30 a.m.	Goal Setting 3:00 p.m.-4:00 p.m.	Test Taking 3:00 p.m.-4:00 p.m.	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Time Management 1:00 p.m.-2:00 pm.	Math Anxiety 10:30 a.m.-11:30 a.m.	Stress Management 2:00 p.m.-3:00 p.m.	Study Skills 4:00 p.m.-5:00 p.m.	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>SPRING BREAK</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Math Anxiety 2:00 p.m.-3:00 p.m.	Time Management 10:00 a.m.-11:00 a.m.	Memory Techniques 10:00 a.m.-11:00 a.m.	Learning Styles 2:00 p.m.-3:00 p.m.	
<b>29</b>	<b>30</b>			
Goal Setting 1:00 p.m.-2:00 p.m.	Study Skills 8:30 a.m.-9:30 a.m.			

## MAY 2019

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

## JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Stress Management 4:00 p.m.-5:00 p.m.	Study Skills 11:00 a.m.-12:00 p.m.	Time Management 8:00 a.m.-9:00a.m.	Test Taking 1:00 p.m.-2:00p.m.	Note Taking 2:00 p.m.-3:00p.m.
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>FINALS</b>	<b>FINALS</b>	<b>FINALS</b>	<b>FINALS</b>	<b>FINALS</b>