



# EARLY ALERT WORKSHOPS-SPRING 2022

Visit the Early Alert webpage for workshop Zoom links

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

<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 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.

## APRIL 2022

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

# MAY 2022

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

# JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Time Management 3:00 p.m.-4:00 p.m.	Note Taking 1:00 p.m.-2:00 p.m.	Stress Management 10:00 a.m.-11:00 a.m.
6	7	8	9	10
Study Skills 11:00 a.m.-12:00 p.m.	Stress Management 5:00 p.m.-6:00 p.m.	Test Taking 1:00 p.m.-2:00 p.m.	Goal Setting 9:30 a.m.-10:30 a.m.	Math Anxiety 12:00 p.m.-1:00 p.m.
13	14	15	16	17
<b>FINALS</b>	<b>FINALS</b>	<b>FINALS</b>	<b>FINALS</b>	<b>FINALS</b>

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

