



EARLY ALERT WORKSHOPS - FALL 2019

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

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 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Note Taking 9:30 a.m. - 10:30 a.m.	Learning Styles 9:30 a.m. - 10:30 a.m.	Goal Setting 3:00 p.m. - 4:00 p.m.	
7	8	9	10	11
Test Taking 3:00 p.m. - 4:00 p.m.	Time Management 12:00 p.m. - 1:00 p.m.	Math Anxiety 9:30 a.m. - 10:30 a.m.	Stress Management 4:00 p.m. - 5:00 p.m.	
14	15	16	17	18
Study Skills 2:30 p.m. - 3:30 p.m.	Memory Techniques 1:30 p.m. - 2:30 p.m.	Test Taking 9:00 a.m. - 10:00 a.m.	Note Taking 1:00 p.m. - 2:00 p.m.	
21	22	23	24	26
Stress Managemnt 1:00 p.m. - 2:00 p.m.	Math Anxiety 12:00 p.m. - 1:00 p.m.	Time Managemnt 10:00 a.m. - 11:00 a.m.	Memory Techniques 3:00 p.m. - 4:00 p.m.	
28	29	30	31	
Learning Tyles 2:30 p.m.- 3:30 p.m.	Goal Setting 1:00 p.m. - 2:00 p.m.	Study Skills 8:30 a.m. - 9:30 a.m.	Test Taking 2:30 p.m. - 3:30 p.m.	

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Math Anxiety 1:00 p.m. - 2:00 p.m.	Note Taking 10:00 a.m. - 11:00 a.m.	Time Management 2:30 p.m. - 3:30 p.m.	Stress Management 4:00 p.m. - 5:00 p.m.	
11	12	13	14	17
HOLIDAY	Memory Techniques 2:00 p.m. - 3:00 p.m.	Learning Styles 1:30 p.m. - 2:30 p.m.	Goal Setting 12:30 p.m. - 1:30 p.m.	
18	19	20	21	22
Time Management 2:30 p.m. - 3:30 p.m.	Test Taking 2:30 p.m. - 3:30 p.m.	Math Anxiety 1:00 p.m. - 2:00 p.m.	Study Skills 1:30 p.m. - 2:30 p.m.	
25	26	27	28	29
Memory Techniques 8:00 a.m. - 9:00 a.m.	Goal Setting 11:00 a.m. - 12:00 p.m.		*HOLIDAY*	*HOLIDAY*

DECEMBER 2019

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