ACADEMIC SKILLS WORKSHOPS

Wednesdays, 5:00–6:00 p.m.
Bear Down Gym

Aug 23rd    College Success Strategies
Aug 30th    Test Prep and Test-Taking Strategies
Sep 6th     Time Management: How to Avoid Procrastination and Manage Time Wisely
Sep 13th    Strategies for Success in Online Classes
Sep 20th    Tips for Effective Writing
Sep 27th    Surviving and Thriving in Math
Oct 4th     Time Management: How to Avoid Procrastination and Manage Time Wisely
Oct 11th    Tackle Your Test Anxiety (presented with CAPS)
Oct 18th    Test Prep and Test-Taking Strategies
Oct 25th    Learning How You Learn
Nov 1st     Note Taking and Strategies for Reading
Nov 8th     Overcoming Stage Fright: Tips for Public Speaking and Presenting
Nov 15th    Tackle Your Test Anxiety (presented with CAPS)
Nov 29th    Preparing for Final Exams
Dec 6th     Preparing for Final Exams

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