Note Taking Strategies
Expand your knowledge of note taking techniques and purposes.

Thursday, September 1st

Memory Techniques/Study Skills
Learn how to study with more confidence and efficiency through specific memory techniques and skill building.

Thursday, September 15th

Time Management
Manage your time effectively and create healthier lifestyle patterns.

Thursday, September 29th

Test Taking Skills
Increase success and confidence by examining academic and emotional-management techniques.

Thursday, October 13th

Growth Mindset
Explore how mindset affects success by focusing on how your brain learns and discussing the particular activities/practices that best help the our brains learn.

Thursday, October 27th

Learning Styles
Identify your own learning styles and how to adapt them to popular teaching styles.

Thursday, November 10th

Stress Management
Learn how to manage stress and obtain a healthier lifestyle for better overall wellness.

Thursday, December 1st

All workshops are 1:00-2:00 PM in the CAI LAB 2 in the Cartwright Learning Resource Center.
Facilitators: Alyson Bostwick, MFT, Personal Counselor
Barb Freeman, Supervisor, LRC
Pam Guenther, Math Instructor
Open to all students; no pre-registration necessary. Arrive early to secure a seat; limited to 36 participants each session.