



### Note Taking Strategies

Expand your knowledge of note taking techniques and purposes.

**Thursday,  
January 23rd**



### Memory Techniques/Study Skills

Learn how to study with more confidence and efficiency through specific memory techniques and skill building.

**Thursday,  
February 6th**



### Time Management

Manage your time effectively and create healthier lifestyle patterns.

**Thursday,  
February 20th**



### Test Taking Skills

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

**Thursday,  
March 5th**



### Growth Mindset

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

**Thursday,  
March 19th**



### Neuroscience of Learning

Learn what brain research tells us about how we learn and effective learning strategies.

**Thursday,  
April 9th**



### Stress Management

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

**Thursday,  
April 23rd**

**All workshops are 1:00-2:00 PM and are located in the Cartwright Learning Resources Center (CLRC).**

Open to all students; no pre-registration necessary. Arrive early to secure a seat; limited to 36 participants each session.