



Note Taking Strategies

Expand your knowledge of note taking techniques and purposes.

**Thursday,
September 5th**



Memory Techniques/Study Skills

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

**Thursday,
September 19th**



Time Management

Manage your time effectively and create healthier lifestyle patterns.

**Thursday,
October 3rd**



Test Taking Skills

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

**Thursday,
October 17th**



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,
October 31st**



Neuroscience of Learning

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

**Thursday,
November 14th**



Stress Management

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

**Thursday,
December 5th**

Workshops are located in WCC 303 from 1:00 - 2:00 PM

Open to all students; no pre-registration necessary. Arrive early to secure a seat; limited to 39 participants each session.