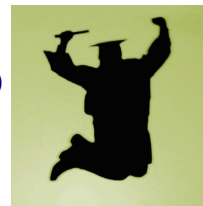


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IMPROVE YOUR STUDY SKILLS and REDUCE TEST-TAKING ANXIETY Workshops, Fall 2009

- | | |
|---|---------------------------------|
| 1. Successful Study Skills Part I:
Time Management, SQ3R, Textbook Reading | Wednesday, October 7th |
| 2. Successful Study Skills Part II:
Highlighting, Note Taking, Outlining | Wednesday, October 14th |
| 3. Memory Techniques | Wednesday, October 21st |
| 4. Learning Styles and Active Studying | Wednesday, October 28th |
| 5. Reducing Test Anxiety | Wednesday, November 4th |
| 6. Math Anxiety | Wednesday, November 11th |
| 7. Predicting Test Questions | Wednesday, November 18th |
| 8. Taking the Test | Wednesday, December 2nd |
| 9. Review of Study Skills &
Test-Taking Skills | Wednesday, December 9th |

**All workshops will be conducted in the Academic Support Center
from 11:00 a.m. to 11:50 a.m. (unless otherwise noted).**

**If you have any questions, please call 606-6470 or visit
the Academic Support Center.**

Academic Support Center
Ground Floor, Library