

Descriptions for Academic Success Workshops (ASW)

Steps to Academic Success

- Are you new to the college environment or did you figure out that what you are doing in school isn't quite working for you? If so, attend the ASW **Steps to Academic Success**. This workshop can help students to become familiar with college expectations, understand classroom etiquette, learn how to interact with professors, discuss the importance of developing peer groups, and understand the importance of academic reputation.

Time Management

- We now live in an age where we are forced to multitask all of the time. Unfortunately, many students get into academic trouble because multitasking and studying just doesn't work. Come to the **Time Management** ASW to learn effective time management strategies, discover ways to implement time management, learn how to create a personal schedule, learn aspects of goal setting, and learn ways to utilize "wasted" time.

Textbook Tactics

- Do you panic when your instructor assigns 80 pages of reading? Do you read your textbook like you would read a novel? What if you knew a more effective way to read your textbooks? Attend the ASW **Textbook Tactics**. Learn how to read college level textbooks effectively by utilizing a variety of different methods including previewing the material, reading strategically, and reviewing concepts learned.

Exam Game Plan

- Midterms and final examinations are always a stressful time for college students. By utilizing effective exam strategies, students can effectively reduce their stress and get the most out of their education! The **Exam Game Plan** ASW is for students to understand the goal of examinations, become familiar with different exam formats, learn different examination strategies, learn how to apply different examination strategies, and discuss test anxiety and ways to overcome it.

Test Anxiety

- Are you stressed out over taking exams? Do you study and still find yourself nervous during the exam? Or maybe you have trouble sleeping the night before an exam? Anxiety is a prevalent problem among college students. Students are often experiencing many transitions in their life during college and the unknown expectations can result in anxiety. Knowing how to control and utilize your anxiety will help you succeed in your academic career. Attend the Test Anxiety ASW to learn tools and strategies to better understand your anxiety.

Mind Mapping

- Want to learn how to look at topics, ideas, or brainstorm differently? **Mind Mapping** is the answer to visualizing your thoughts on paper or online.

Relax Your Way to Better Grades

- Some of us, just need to learn *how* to relax! If you are starting to feel like a hamster spinning on a wheel or your neck has more knots than a fence, then come to the ASW **Relax Your Way to Better Grades**. Learn how calming your mind and visualizing success reduces academic stress and increases your test performance. Through guided relaxation and visualization we will provide relaxation techniques and even quick tips that you can use before an exam. Inhale. Exhale. Inhale. Exhale.

Memory & Concentration

- If you are having trouble remembering things or even focusing on what you need to remember, then the **Memory and Concentration** ASW is one hour you won't want to miss! Learn techniques such as read, recite, recall and how to set the perfect environment to get 2 hours' worth of studying in just 1 hour! Set your clocks to attend the **Memory and Concentration** ASW today!

Note Taking

- Do you find yourself feverishly scrambling to keep up with your instructor's lecture? Or go into a panic when a PowerPoint handout isn't given to you? Then you need the **Note Taking** ASW. Not every student should take notes the same way. Learn how to take notes based on your learning style and ways that could benefit you so that you can actually recall the information!

Citing Sources

- Learn how to get citations quickly and easily for books and articles using library databases, and find out about free citation generators which create citations from information you supply.

Scholarly Journals

- Better research equals better grades. Learn to recognize if a journal article is scholarly or not and where to find it.