

Academic Success Workshops

Descriptions for Academic Success Workshops

Steps to Academic Success

Are you new to the college environment or have just figured out that you are doing in school isn't quite working for you? Then consider the ASW **Steps to Academic Success**. This ASW presentation 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? Then you need the ASW **Textbook** Tactics. Learn how to read college level textbooks effectively by utilizing a variety of different methods. The methods included in this presentation include selecting an environment, previewing the material, reading strategically, marking, and reviewing concepts learned.

Exam Game Plan

Mid terms 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 are 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.

Art of Relaxation

Ahhhh! Namaste..... Let's face it. 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 **Art of Relaxation**. We will provide relaxation techniques and even quick tips that you can use before an exam. Inhale. Exhale. Inhale. Exhale.

Memory and 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! So set your clocks to sign up for Memory and Concentration 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 ASW **Note Taking**. 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!