

Steps to Academic Success

- Do you have students who are new to the college environment or struggling with the adjustment to college life and academic expectations? This presentation can help students 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. This workshop teaches students effective time management strategies and ways to implement those strategies. Students will also learn how to create a personal schedule, aspects of goal setting, and ways to utilize "wasted" time.

Learning Style Assessment

- This workshop provides students with an opportunity to discover their learning style. Are they a visual... auditory... kinesthetic... or reading/writing learner? Once students have discovered their learning style, they will be provided with tips and ideas on the most effective ways their particular learning style can assist them on how to study, take notes, take tests, etc.

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.

Note Taking

- Do you see students feverishly scrambling to keep up with notes during lecture? Or go into a panic when a PowerPoint handout isn't given to them? Not every student should take notes the same way. This workshop teaches students how to take notes based on their learning style and ways that can help them recall the information.

Overview of Learning Center

- There are so many resources available to students on campus in order to help them reach their academic goals. This presentation shares the services that are offered by the Learning Center including tutoring, supplemental instruction and SupportNet, as well as online resources and an overview of other campus resources. (Note: this presentation typically does not require the 45 minutes needed for the workshops. Please allow 15-20 minutes.)