Academic Success Fall 2017 Workshops
Location: Tiger Learning Commons, Coates Library 308
(main floor, near the Circulation Desk)
210.999.TLCU (8528)

I Can’t Remember What I’ve Read!
Reading Strategies to improve concentration and retention. Learn why you should kiss your highlighter goodbye! Make your reading time and effort count.
**Tuesday, August 29, 5:30 pm**
**Thursday, October 5, 5:30 pm**

Do I Have To Write That Down?
Note-taking Strategies - Being a good listener takes a bit of practice but it can be done! Learn about a variety of note-taking methods that will help you become a more active learner and successful student.
**Monday, September 11, 6:30 pm**

Late! Late! I’m always late!
Time Management Strategies - Learn time-tested strategies to gain control of your time. Bottom line: attitude is key. This workshop will help you understand the myths and realities of procrastination, setting goals, getting organized, using a planner, and segmenting your time. There is freedom in structure!
**Tuesday, September 5, 6:30 pm**
**Monday, September 18, 5:30 pm**
**Monday, October 30, 6:30 pm**

This Is a Test. This Is Only a Test.
Test-prep Strategies - Preparing for exams should be an ongoing process. We can help you learn strategies for improving your preparation and reducing your stress. Learn about the 5-Day Study Plan and test-day techniques for improving your performance.
**Tuesday, September 26, 5:30 pm;**
**Monday, October 2, 6:30 pm;**
**Thursday, November 30, 5:30 pm (Finals version)**

Make It Stick!
Smart Study Strategies - Did you know that we tend to be poor judges of when we are learning well and when we are not? Some study methods give the illusion of mastery but don’t lead to real learning of critical ideas that can be applied in other contexts. This workshop will cover the highlights of effective reading, retrieval practice (self-quizzing), and deep learning through the connection of new material to prior knowledge. Based on *Make It Stick: The Science of Successful Learning* by Peter C. Brown, Henry L. Roediger III, and Mark A McDaniel.
**Thursday, September 7, 5:30 pm**
**Wednesday, October 11, 6:30 pm**

My Heart Is Racing, My Mind Is Blank.
Test Anxiety & Academic Stress - Learn about strategies for managing academic stress and test anxiety, including the number one key: adequate preparation.
**Tuesday, October 10, 5:30 pm;**
**Wednesday, November 8, 5:30 pm**

You’ve Got This!
Growth Mindset and Hope Theory - Need a boost in your attitude about being a successful student? This workshop will explain theories and research about the importance of cultivating a growth mindset for academic success. We will provide practical tips on applying these concepts to your own life as a student. We can help you learn to harness your strengths, find and use resources, and overcome obstacles.
**Thursday, September 14, 5:30 pm;**
**Tuesday, November 14, 6:30 pm**