

# Fall 2021 Wednesday Workshops

## College Prep 101

Hosted by the Academic Success Center

Wednesday, 2:00 – 2:50 p.m. September 1 <sup>st</sup>	<b><u>Effective Note-taking Methods</u></b> – led by Ms. Katie Brown <b>Location: HH100</b> <i>A Workshop on the importance of note taking in college. This workshop will provide you with some ideas on how to take more effective notes that will help you learn and retain information.</i>
Wednesday, 12:15 – 12:45 p.m. September 8 <sup>th</sup>	<b><u>Lunch &amp; Learn: Time Management</u></b> – led by Mrs. Lyndi Greenwich <b>Location: Walker A</b> (Grab a tray and come and join us!) <i>Do you have too much to do and not enough time to complete everything? This workshop will help you manage your time using various tools and time organization strategies.</i>
Wednesday, 12:15 – 12:45 p.m. September 15 <sup>th</sup>	<b><u>Lunch &amp; Learn: Study Skills 101</u></b> – led by Mrs. Lyndi Greenwich <b>Location: Walker A</b> (Grab a tray and come and join us!) <i>This workshop will focus on giving you an introduction to some basic study techniques. The techniques that you will learn about are listening skills, note-taking skills, how to develop a reading strategy, study tips, test preparation tips, and test-taking strategies</i>
Wednesday, 12:15-12:50 p.m. September 22 <sup>nd</sup>	<b><u>Lunch &amp; Learn: Communication Skills for Success</u></b> – led by Adam Wheat <b>Location: Walker A</b> (Grab a tray and come and join us!) <i>Do you desire to know how to properly communicate for success in college and your future career? This workshop will provide you with some ideas on how to become a better communicator and listener.</i>
Wednesday, 12:15 – 12:45 p.m. October 13 <sup>th</sup>	<b><u>Lunch &amp; Learn: Tackling Test Taking Anxiety</u></b> – led by Kaneil Purifoy <b>Location: Walker A</b> (Grab a tray and come and join us!) <i>Do you feel stressed at the thought of an upcoming test? Learn some techniques to help you stay calm and confident. You will also learn some test-taking strategies to help you better prepare for your tests.</i>
Wednesday, 12:15 – 12:45 p.m. October 20 <sup>th</sup>	<b><u>Lunch &amp; Learn: Career Exploration- What can I do with this major?</u></b> – led by Rachel Roberts (Grab a tray and come and join us!) <b>Location: Walker A</b> <i>Are you unsure what to do in the future with your major? Are you undecided on your career path? Don't know what major to choose? Discover the right path to take.</i>
Wednesday, 12:15 – 12:45 p.m. October 27 <sup>th</sup>	<b><u>Lunch &amp; Learn: Science &amp; Math Study Skills</u></b> – led by Mrs. Lyndi Greenwich & ASC Tutors <b>Location: Alumni Room in Cafeteria</b> (Grab a tray and come and join us!) <i>Are you a Science Major? Would you like some tips on how to better prepare for test? Or do you struggle with Math? Learn some tips to help study for your course and overcome your anxiety!</i>
Wednesday, 12:15 – 12:45 p.m. November 3 <sup>rd</sup>	<b><u>Lunch &amp; Learn: Tips on How to Write...A College Paper, Essay or Exegetical</u></b> – led by Mrs. Jennifer Pitman ASC Tutor Staff & Speer Writing Center <b>Location: Alumni Room in Cafeteria</b> (Grab a tray and come and join us!) <i>Tips and strategies to become a better writer for your college courses.</i>

<p>Wednesday, 12:15 – 12:45 p.m. November 17<sup>th</sup></p>	<p><b><u>Lunch &amp; Learn: Tips for Taking Online Classes</u></b>– led by Collin Battaglia  <b>Location:</b> Alumni Room in Cafeteria <i>(Grab a tray and come and join us!)</i>  <i>Are you taking, or thinking about taking an online course? This workshop will provide you with some information on what to expect from this type of class. We will also discuss ways to be successful in this learning environment.</i></p>
<p>Wednesday, 12:15 – 12:45 p.m. December 1<sup>st</sup></p>	<p><b><u>Lunch &amp; Learn: Discover Your Learning Style</u></b>– led by Mrs. Lyndi Greenwich  <b>Location:</b> Alumni Room in Cafeteria <i>(Grab a tray and come and join us!)</i>  <i>When you understand the way you learn, you become a more effective student. This workshop will help you discover if you are an auditory, kinesthetic, or visual learner. You will learn some study tips related to your specific learning style to help you in becoming a successful student.</i></p>
<p>Wednesday, 12:15 – 12:45 p.m. December 8<sup>th</sup></p>	<p><b><u>Lunch &amp; Learn: Stress Relief</u></b>– led by Dan Jarboe- University Counselor  <b>Location:</b> Alumni Room in Cafeteria <i>(Grab a tray and come and join us!)</i>  <i>This workshop will provide you with information on how to keep your stress levels down and stay positive heading in to finals week!</i></p>

