

Learning Skills Workshops at the Gateway Center (ECC 33) Spring 2012

Increasing Focus and Concentration **Feb. 10th**
Learn effective strategies to increase your focus and concentration.

Time Management **Feb. 24th**
Manage your time effectively and create healthier lifestyle patterns.

Overcoming Procrastination **Mar. 2nd**
Learn about causes of procrastination and create an action plan to eliminate it from your life.

Memory Techniques and Study Skills **Mar. 9th**
Learn effective techniques for remembering information and essential study skill techniques.

Test Taking **Mar. 16th**
Learn test taking strategies and how to overcome test anxiety.

Resilience, Problem Solving and Student Success **Mar. 23rd**
Learn effective strategies for handling change and stress, problem solving techniques and strategies to increase success in college.

Overcoming Procrastination **Apr. 6th**
Learn about causes of procrastination and create an action plan to eliminate it from your life.

Memory Techniques and Study Skills **Apr. 13th**
Learn effective techniques for remembering information and essential study skill techniques.

Test Taking **Apr. 20th**
Learn test taking strategies and how to overcome test anxiety.

Stress Management **Apr. 27th**
Learn to manage stress and obtain a healthier lifestyle for better overall wellness

**The workshops above are on Fridays from 1:10 -2 p.m. in the
Gateway to Success Center (ECC 33).**

**Facilitators: Matt Lorenzen, Student Success Counselor
Jana Garnett, DSPS Director
Jamie Sublett, Project Hope Coordinator**

Spring 2012 Learning Skills

Workshop Series



Note Taking Strategies

Expand your knowledge of note taking techniques and purposes

February 9th



Time Management

Manage your time effectively and create healthier lifestyle patterns

February 23rd



Memory Techniques/Study

Skills

Learn how to study with more confidence and efficiency through specific memory techniques and skill building.

March 8th



Test Taking Skills

Increase success and confidence by examining academic and emotional management techniques

March 22nd



Learning Styles

Identify your own learning styles and how to adapt them to the dominant teaching styles

April 5th



Math Confidence

Develop strategies that promote a positive attitude and productive participation in your math class

April 19th



Stress Management

Learn to manage stress and obtain a healthier lifestyle for better overall wellness

May 3rd

All workshops are on Thursdays in the CAI Lab 2 in the LRC from 1:00 -1:50 p.m. *Facilitators: Dr. Jerry Pike, Director, LRC; Alyson Bostwick, MFT, Personal Counselor; Anna Parmely, Math Instructor; Scott Brewer and Matt Lorenzen, Academic & Student Success Counselors*