

# Learning Skills Workshop Series

## Spring 2011



### Note Taking Strategies

Expand your knowledge of note taking techniques and purposes

**February 10th**



### Time Management

Manage your time effectively and create healthier lifestyle patterns

**February 24th**



### Overcoming Procrastination

Learn about causes of procrastination and create an action plan to eliminate it from your life

**March 10th**



### Test Taking Skills

Increase success and confidence by examining academic and emotional management techniques

**March 24th**



### Learning Styles

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

**April 7th**



### Math Confidence

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

**April 21st**  
**\*11:00-11:50**



### Stress Management

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

**May 5th**

**All workshops are on Thursdays in the CAI Lab 2 in the LRC from 1:00 -1:50 p.m. unless otherwise noted.**

***Facilitators: Dr. Jerry Pike, Director, LRC;***

***Alyson Bostwick, MFT, Personal Counselor; Anna Parmely, Math Instructor;***

***Scott Brewer and Matt Lorenzen, Academic & Student Success Counselors***