

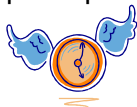
# Spring 2011 Learning Skills Workshop Series @ the Gateway Center (ECC 33)



## Math Confidence

February 11<sup>th</sup>

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



## Time Management

February 25<sup>th</sup>

Manage your time effectively and create healthier lifestyle patterns



## Overcoming Procrastination

March 4<sup>th</sup>

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



## Memory Techniques & Study Skills

March 18<sup>th</sup>

Learn effective techniques for remembering information and essential study skill techniques



## Overcoming Procrastination

March 25<sup>th</sup>

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



## Test Taking Skills

April 22<sup>nd</sup>

Increase success and confidence by examining academic and emotional management techniques



## Stress Management

April 29<sup>th</sup>

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

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

*Facilitators: Matthew Lorenzen, Student Success Counselor  
Scott Brewer, Academic Counselor  
Anna Parmely, Math Instructor (for Math Confidence Workshop)*