Learning Skills Workshops at the Gateway Center (ECC 4)
Spring 2013

Time Management          Feb. 22nd
Manage your time effectively and create healthier lifestyle patterns.

Overcoming Procrastination    Mar. 1st
Learn about causes of procrastination and create an action plan to eliminate it from your life.

Increasing Focus and Concentration  Mar. 8th
Learn effective strategies to increase your focus and concentration.

Memory Techniques and Study Skills  Mar. 15th
Learn effective techniques for remembering information and essential study skill techniques.

Test Taking          Mar. 22nd
Learn test taking strategies and how to overcome test anxiety.

Resilience, Problem Solving and Student Success  Apr. 5th
Learn effective strategies for handling change and stress, problem solving techniques and strategies to increase success in college.

Overcoming Procrastination    Apr. 12th
Learn about causes of procrastination and create an action plan to eliminate it from your life.

Memory Techniques and Study Skills  Apr. 19th
Learn effective techniques for remembering information and essential study skill techniques.

Test Taking          Apr. 26th
Learn test taking strategies and how to overcome test anxiety.

Stress Management          May 3rd
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 4).
Facilitators: Matt Lorenzen, Student Success Counselor
Jana Garnett, DSPS Director
Jamie Sublett, Project Hope Coordinator