

COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - SPRING 2012

SS 281 Resource Room - Check in at the Career/Transfer Center reception desk, 2nd floor

| March 2012 | | | | |
|---|---|---|---|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | 1 | 2 |
| | | | | |
| 5 | 6 | 7 | 8 | 9 |
| Learning Styles 8:30 am - 9:30 am | Test Taking 5:30 pm - 6:30 pm | | Goal Setting 11:30 am - 12:30 pm | |
| 12 | 13 | 14 | 15 | 16 |
| Stress Management 10:00 am - 11:00 am | Learning Styles 11:30 am - 12:30 pm | Memory Techniques 2:30 pm - 3:30 pm | Note Taking 8:30 am - 9:30 am | |
| 19 | 20 | 21 | 22 | 23 |
| Study Skills 11:30 am - 12:30 pm | Math Anxiety 8:30 am - 9:30 am | | Time Management 1:00 pm - 2:00 pm | |
| 26 | 27 | 28 | 29 | 30 |
| Goal Setting 1:00 pm - 2:00 pm | Note Taking 3:00 pm - 4:00 pm | Learning Styles 8:30 am - 9:30 am | Memory Techniques 1:30 pm - 2:30 pm | |

| | | | | | |
|--------------------------|--|------------------------|--|---------------------|--|
| Goal Setting | Goal Setting Successful people decide their priorities, then set & accomplish their goals. | Study Skills | Study Skills Develop new reading techniques to improve your comprehension and reduce the need to re-read. | Math Anxiety | Math Anxiety Apply these valuable note taking, test taking & relaxation tips to become a confident math student. |
| Memory Techniques | Memory Techniques Discover memory techniques that will improve your ability to recall course material more easily. | Learning Styles | Learning Styles Discover your learning style & survey multiple intelligences. Use this information to apply study methods unique to you. | Test Taking | Test Taking Reduce test anxiety! Learn test preparation techniques and how to take tests with confidence. |
| Note Taking | Note Taking Learn or improve note-taking techniques to help you understand lecture and textbook material. | Stress Mgmt | Stress Management Learn new ways to reduce stress. Good for school pressures, test anxiety & your overall general health! | Time Mgmt | Time Management Discover ways to organize your week more effectively to become a stellar student. |

| April 2012 | | | | |
|---|---|---|--|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 2 | 3 | 4 | 5 | 6 |
| Study Skills 11:30 am - 12:30 pm | | Math Anxiety 10:00 am - 11:00 am | | |
| 9 | 10 | 11 | 12 | 13 |
| Learning Styles 11:30 am - 12:30 pm | Study Skills 10:00 am - 11:00 am | Time Management 5:30 pm - 6:30 pm | Test Taking 9:00 am - 10:00 am | |
| 16 | 17 | 18 | 19 | 20 |
| * * * SPRING BREAK * * * | | | | |
| 23 | 24 | 25 | 26 | 27 |
| Math Anxiety 1:00 pm - 2:00 pm | Memory Techniques 5:30 pm - 6:30 pm | Test Taking 8:30 am - 9:30 am | Study Skills 11:30 am - 12:30 pm | |
| 30 | | | | |
| Study Skills 8:30 am - 9:30 am | | | | |

COLLEGE SUCCESS / EARLY ALERT WORKSHOPS - SPRING 2012

SS 281 Resource Room - Check in at the Career/Transfer Center reception desk, 2nd floor

| May 2012 | | | | |
|---|---|---|---|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | 1 | 2 | 3 | 4 |
| | Time Management 10:00 am - 11:00 am | Goal Setting 11:30 am - 12:30 pm | Stress Management 1:00 pm - 2:00 pm | |
| 7 | 8 | 9 | 10 | 11 |
| Memory Techniques 11:30 am - 12:30 pm | Study Skills 5:30 pm - 6:30 pm | Learning Styles 1:00 pm - 2:00 pm | | |
| 14 | 15 | 16 | 17 | 18 |
| | Test Taking 10:00 am - 11:00 am | Time Management 8:30 am - 9:30 am | Note Taking 9:00 am - 10:00 am | |
| 21 | 22 | 23 | 24 | 25 |
| Study Skills 10:00 am - 11:00 am | Stress Management 11:30 am - 12:30 pm | Math Anxiety 8:30 am - 9:30 am | | |
| 28 | 29 | 30 | 31 | |
| **HOLIDAY** | Memory Techniques 11:30 am - 12:30 pm | Goal Setting 1:00 pm - 2:00 pm | Test Taking 8:30 am - 9:30 am | |

| | | | | | |
|--------------------------|--|------------------------|--|---------------------|--|
| Goal Setting | Goal Setting Successful people decide their priorities, then set & accomplish their goals. | Study Skills | Study Skills Develop new reading techniques to improve your comprehension and reduce the need to re-read. | Math Anxiety | Math Anxiety Apply these valuable note taking, test taking & relaxation tips to become a confident math student. |
| Memory Techniques | Memory Techniques Discover memory techniques that will improve your ability to recall course material more easily. | Learning Styles | Learning Styles Discover your learning style & survey multiple intelligences. Use this information to apply study methods unique to you. | Test Taking | Test Taking Reduce test anxiety! Learn test preparation techniques and how to take tests with confidence. |
| Note Taking | Note Taking Learn or improve note-taking techniques to help you understand lecture and textbook material. | Stress Mgmt | Stress Management Learn new ways to reduce stress. Good for school pressures, test anxiety & your overall general health! | Time Mgmt | Time Management Discover ways to organize your week more effectively to become a stellar student. |

| June 2012 | | | | |
|---|--|--|--|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | | 1 |
| | | | | |
| 4 | 5 | 6 | 7 | 8 |
| Memory Techniques 1:00 pm - 2:00 pm | Math Anxiety 5:30 pm - 6:30 pm | Goal Setting 10:00 am - 11:00 am | Time Management 9:00 am - 10:00 am | |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 |



For questions - contact Diana Gill at (626) 914-8577