



## Fall 2016 Success Seminars

Presented by the Office of Academic Skills

Develop successful study habits for college by attending various success seminars on campus! You will learn helpful study strategies/tips in order to reach your academic goals as a WAC student!

<b>Time Management Pt 1; “That’s Not Free Time”</b>	Monday, September 12 3:30-4:30 pm
<b>Reading Made Easy, Keeping Up With Reading Assignments</b>	Thursday, September 15 6:00-7:00 pm
<b>Time Management Pt 1; “That’s Not Free Time”</b>	Tuesday, September 20 6:00-7:00 pm
<b>How to Put Off Procrastination</b>	Wednesday, September 21 3:30-4:30 pm
<b>Time Management Pt 1; “That’s Not Free Time”</b>	Monday, September 26 6:00-7:00 pm
<b>Time Management Part 2: Making Your Time Work for You</b>	Thursday, September 29 3:30-4:30 pm
<b>Managing and Overcoming Test Anxiety</b>	Tuesday, October 4 3:30-4:30 pm
<b>Test Taking Strategies</b>	Wednesday, October 5 6:00-7:00 pm
<b>Rebounding from Midterm Grades</b>	Monday, October 24 6:00-7:00 pm
<b>Time Management Part 2: Making Your Time Work for You</b>	Tuesday, October 25 6:00-7:00 pm
<b>Time Management Pt 1; “That’s Not Free Time”</b>	Wednesday, November 9 <sup>th</sup> 2:00-3:00pm (Advising Day)

Location: Sophie Kerr Room, 2<sup>nd</sup> Floor Miller Library

Please contact Hilary Chubb in the Office of Academic Skills with any questions.

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2<sup>nd</sup> Floor Miller Library



## Fall 2016 Success Seminar Descriptions

### **Time Management Pt 1: “That’s Not Free Time”**

*Monday, September 12, 3:30 pm*

*Tuesday, September 20, 6:00 pm*

*Monday, September 26, 6:00 pm*

*Wednesday, November 9, 2:00 pm*

Time management is one of the top issue for college students. But it isn’t just about scheduling; managing our priorities is another huge challenge. Come learn about managing competing priorities, keeping your time organized, and staying on track.

### **Reading Made Easy; Keeping Up With Reading Assignments**

*Thursday, September 15, 6:00 pm*

Discover the tips and tricks that will make reading assignments much easier. Learn how to divide them up, read actively, and take notes the easy way.

### **How to Put Off Procrastination**

*Wednesday, September 21, 3:30 pm*

Regardless of how well we plan our time and manage our priorities, there is always a reason to put things off. Procrastination can throw the best organization off track and derail an entire semester very quickly. Procrastination leads to anxiety, high stress levels, sloppy and rushed work, and contributes largely to academic struggles. Learn tips and tricks for putting off procrastination and making the most of your time.

### **Time Management Pt 2: Making Your Time Work for You**

*Thursday, September 29 3:30 pm*

*Tuesday, October 25, 6:00 pm*

Attended Time Management Pt 1: “That’s Not Free Time” last semester? This is a great seminar to dive deeper into some of those ideas and learn more skills that will help you put that information to work, and make your time work for you.

### **Managing and Overcoming Test Anxiety**

*Tuesday, October 4, 3:30 pm*

We all struggle with nervousness around tests, but when does it go from productive to harmful and disruptive? How can you manage it, minimize it, and make it work to your advantage? Attend to find out!

### **Test Taking Strategies**

*Wednesday, October 5, 6:00 pm*

Multiple choice, short answer, essay, equations?! Always running out of time, misreading questions, or just generally not a good test taker? This seminar will cover many test taking skills and tricks, including some regarding pretest jitters and test anxiety.

### **Rebounding from Midterm Grades**

*Monday, October 24, 6:00 pm*

Sometimes even when we work hard, our midterm grades aren’t what we expected. Or we thought we had everything under control and are shocked by midterm grades. No matter what, do NOT let your midterm grades get you down. They are a warning and preview. You can come back from it, come to this seminar and find out how to do that, even when you feel like giving up.