



Spring 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!

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| “That’s Not Free Time”; Managing your Time and Priorities | Monday, February 8 3:30-4:30pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| Textbooks; Getting Your Money’s Worth | Tuesday, February 9 3:30-4:30 | Sophie Kerr Room, 2 nd Floor Miller Library |
| “That’s Not Free Time”; Managing your Time and Priorities | Wednesday, February 10 6:00-7:00pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| Hacking Your Habits | Tuesday, February 16 6:00-7:00pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| “That’s Not Free Time”; Managing your Time and Priorities | Thursday, February 18 3:30-4:30pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| How to Put Off Procrastination | Monday, February 22 6:00-7:00pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| Coming Together on Group Projects | Wednesday, February 24 3:30-4:30pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| Test Taking Strategies | Tuesday, March 1 3:30-4:30pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| Rebounding from Midterm Grades | Monday, March 28 6:00-7:00pm | Sophie Kerr Room, 2 nd Floor Miller Library |
| “That’s Not Free Time”; Managing your Time and Priorities | Wednesday, April 6 2:00-3:00pm (Advising Day) | Sophie Kerr Room, 2 nd Floor Miller Library |
| How to Put Off Procrastination | Monday, April 11 6:00-7:00pm | Sophie Kerr Room, 2 nd Floor Miller Library |

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

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Spring 2016 Success Seminar Descriptions

“That’s Not Free Time”; Managing your Time and Priorities

Monday, February 8, 3:30-4:30pm

Thursday, February 18, 3:30-4:30pm

Wednesday, February 10, 6:00-7:00pm

Thursday, April 7, 6:00-7:00pm

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

Textbooks; Getting Your Money’s Worth

Tuesday, February 9, 3:30-4:30pm

Textbooks are a huge expense ever semester, no matter how you go about getting them (buy, rent, or eBooks). But many times it feels like we don’t even use them. Learn about note taking strategies for reading textbooks and other ways to get the most out of your textbooks.

Hacking Your Habits

Tuesday, February 16, 6:00-7:00pm

We all have habits that we’d like to break (procrastination, for instance), or good habits we’d like to develop. Learn about how habits work and how to change them.

How to Put Off Procrastination

Monday, February 22, 6:00-7:00pm

Tuesday, April 12, 3:30-4:30pm

Regardless of how well we plan our time, and manage our priorities, there is always a reason to wait on our work. Procrastination can throw the best organization off track and can derail an entire semester in a very short amount of time. 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.

Coming Together on Group Projects

Wednesday, February 24, 3:30-4:30pm

Group projects are difficult to navigate. Who takes the lead? How do you split up the work? How can you make your schedules work? This seminar will help you start those conversations, and figure out how you can best use your strengths in a group project. We will also cover some of the difficult situations such as if one group member isn’t pulling their weight.

Test Taking Strategies

Tuesday, March 1, 3:30-4:30pm

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, March 28, 6:00-7:00pm

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.