

CSU Counseling Center

Fall 2015

Academic Skills Development Workshops

Topic:	Wednesday Workshops: 2:45 p.m. - 3:45 p.m. Thursday Workshops: 11:30 a.m. -12:30 pm	
	Wednesday	Thursday
Active-Listening and Note-taking	September 9	September 10
Overcoming Boredom and Staying Motivated	September 16	September 17
Breaking your Procrastination Habit	September 23	September 24
Managing Time for Success (Time Management)	September 30	October 1
DEPRESSION SCREENING	No Workshop Depression Screening (October 7)	No Workshop
Improving Memory and Concentration	October 14	October 15
Reviewing and Test Preparation-SQ3R	October 21	October 22
Skills for enhancing Test Performance (Test-Taking Skills)	October 28	October 29
Strategies for Stress Management	November 4	November 5
Test-Anxiety Management	November 11	November 12
Preparing for Final Exams	November 18	November 19
HOLIDAY OBSERVED	November 25	November 26
Stress Management Session	December 2	December 3

Please call 216-687-2277 to register for workshops and to learn more about our services

Workshops will meet on Wednesdays from 2:45 to 3:45 p.m. and on Thursdays from 11:30 a.m. to 12:30 p.m.