

# CSU Counseling Center

## Spring 2014

### Academic Skills Development Workshops

<b>Topic:</b>	Wednesday Workshops: 2:45 p.m. - 3:45 p.m. Thursday Workshops: noon - 1 pm	
	Wednesday	Thursday
Active-Listening and Note-taking	February 12	February 13
Developing and using Time Management Skills	February 19	February 20
Overcoming Boredom and Staying Motivated	February 26	February 27
Breaking your Procrastination Habit	March 5	March 6
SPRING BREAK (March 9-16)	No Workshop March 12	No Workshop March 13
Reviewing and Test Preparation-SQ3R	No Workshop Anxiety Screening March 19	March 20
Improving Test-Taking Skills	March 26	March 27
Test-Anxiety Management	April 2	April 3
Strategies for Improving Memory and Concentration	April 9	April 10
Strategies for Stress Management	April 16	April 17
Preparing for Final Exams	April 23	April 24
Stress Management Practices	April 30	May 1

**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 noon to 1:00 p.m.