

Counseling and Testing Center

Spring 2011

Academic Skills Development Workshops

Topic:	Time: Noon -1 pm Location RT 1235	
	Wednesday	Thursday
Active-Listening and Note-taking	February 16	February 17
Improving Memory and Concentration	February 23	February 24
Reviewing and Preparation-SQ3R	March 2	March 3
Skills for enhancing Test Performance (Test-Taking Skills)	ANXIETY SCREENING NO WORKSHOP (March 9)	March 10
SPRING BREAK (NO WORKSHOPS)	March 16	March 17
Staying Motivated through Goal-Setting	March 23	March 24
Test-Anxiety Management	March 30	March 31
Managing Time for Success (Time Management)	April 6	April 7
Strategies for Stress Management	April 13	April 14
Breaking your Procrastination Habit	April 20	April 21
Preparing for Final Exams	April 27	April 28

Please call 216-687-2277 to register for workshops

Workshops will be presented from noon to 1:00 p.m.