

CSU Counseling Center Spring 2016 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	February 10	February 11
Developing and using Time Management Skills	February 17	February 18
Overcoming Boredom and Staying Motivated	February 24	February 25
Breaking your Procrastination Habit	March 2	March 3
Strategies for Improving Memory and Concentration	March 09	March 10
SPRING BREAK (March 13-20)	No Workshop March 16	Anxiety Screening March 17
Reviewing and Test Preparation-SQ3R	No Workshop Anxiety Screening March 23	March 24
Skills for enhancing Test Performance (Test-Taking Skills)	March 30	March 31
Test-Anxiety Management	April 6	April 7
Strategies for Stress Management	April 13	April 14
Preparing for Final Exams	April 20	April 21
Stress Management Session	April 27	April 28

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.